



# For goodness' sake

Tom Kerridge wants to help you lose weight—and make your meals taste better

BY ANNIE MAKOFF

WITH TWO highly successful gastronomic pubs in Buckinghamshire, regular TV appearances, charity events and the launch of a new pop-up cinema, it's difficult to imagine double Michelin-starred British chef Tom Kerridge having any time to grab a coffee, let alone stop and catch his breath. Yet the energetic father of one has just published his latest book, *Lose Weight For Good*, which ties in with a new TV series. He hopes it will inspire the nation to make better food choices that taste good, too.

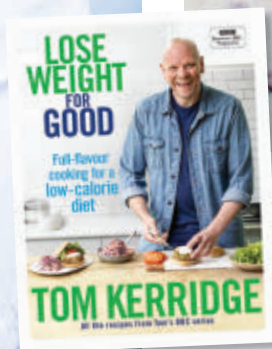
Losing weight is absolutely all about flavour for Kerridge. "The key to successful dieting is making sure you are enjoying what you're eating," he says. "This is why it's so important to cook dishes which are full of flavour. If you're thinking 'I'm missing out; this is so boring!' that's not a diet

that will work. You need to eat food you enjoy. Imagine being on week 11 of food you hate. You're going to break."

## Hard-earned expertise

Kerridge knows more than most about the struggle to lose weight. At 40 years old and weighing 30 stone, he'd reached a point in his life where he realised he had to make a change but needed a diet that would work for him as a professional chef. Initially, he went on a low-carb diet based on foods that help stimulate the happiness hormone, dopamine. It was part of what helped him drop 12 stone in three years.

"People could see my own weight-loss transformation on their TV screens and they wanted to do it, too," Kerridge recalls. The resulting book, *Dopamine Diet*, was an immediate success, but he's the first to



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## THE COSTCO CONNECTION

You'll find copies of Tom Kerridge's *Lose Weight For Good* at your local Costco warehouse.

admit that low-carb diets don't work for everyone. It's exactly why *Lose Weight For Good* focuses on a flavour-rich, calorie-restricted diet that, he says, appeals to all.

"The calorie-restricted diet in *Lose Weight For Good* is something that everyone understands," he tells *The Connection*. "It's much broader reaching. It's also part of NHS guidelines, and as a controlled process it really works because you don't have to alienate any food—you can eat a bit of everything. It's just about altering your eating habits rather than completely changing them."

## Bring the family along

*Lose Weight For Good* is much more than just a weight-loss recipe book—it turns dieting on its head and makes it enjoyable. Perhaps what's so user-friendly about the book is that every recipe is suitable for all the family. As Kerridge himself acknowledges, it's no good if one adult in a family of four goes on a diet and the rest of the family either have to eat diet food they don't enjoy or have something else cooked for them.

So what are his favourite go-to dishes that all the family can enjoy? "I love slow-cooked meats," he says. "The flavours which come from slow-cooked dishes are superb. It's stress-free cooking, too: you can leave it for hours and it fills the house



## STICKY PORK CHOPS

This recipe taps into everyone's love of those all-American smoky flavours. It has a great barbecue-style glaze, but with much less added sugar. A fresh and crunchy slaw is the perfect foil for the sticky chops.

2 (250 g) trimmed bone-in pork chops—all fat removed

Sea salt and freshly ground black pepper  
Olive oil spray

### FOR THE BARBECUE SAUCE

4 tablespoons tomato ketchup  
1 tablespoon maple syrup  
1 tablespoon Worcestershire sauce

1 tablespoon English mustard  
½ teaspoon cayenne pepper

### FOR THE SLAW

100 g red cabbage, finely shredded  
100 g white cabbage, finely shredded  
1 tablespoon white wine vinegar  
2 tablespoons Greek yogurt (0% fat)

Preheat the oven to 240 C/gas mark 9. Line an oven tray with baking parchment. Season the pork chops on both sides with salt and pepper. Heat a griddle pan over high heat. Mist both sides of the chops with a few sprays of oil. When the griddle is smoking hot, add the chops and cook for 2 minutes on each side or until well charred. Set aside on the lined oven tray. For the barbecue sauce, mix all the ingredients together in a small bowl. Coat the pork chops in the sauce, on both sides, and return to the oven tray. Cook on the top shelf of the oven for 10 minutes or until cooked through. Meanwhile, mix together all the ingredients for the slaw and season with salt and pepper. Remove the pork chops from the oven and run a cook's blowtorch over them to blacken slightly. Serve with the crunchy slaw.

Makes 2 servings.

Calories: 420 per serving.

Recipes and photos from *Lose Weight For Good* by Tom Kerridge (Absolute Press, 2017).

Photography © Cristian Barnett.

with lovely scents.”

His slow-roast shoulder of lamb, in particular, is a firm favourite in his family. And his favourite recipe in *Lose Weight For Good*? “Southern baked chicken,” Kerridge enthuses. “It’s like fried chicken but much, much healthier, and it tastes amazing.”

## Everything in moderation

As a foodie, Kerridge doesn't believe in cutting out any food entirely. That's why his book celebrates all food types, albeit in moderation. But even with the strongest will in the world, the most ardent of dieters can grow weak-willed when faced with the myriad of confectionery near shop counters, particularly in petrol stations. It's the one thing he wants to change in the food and retail industry.

“You queue up to pay for petrol and you're bombarded with all this confectionery,” Kerridge observes. “It shouldn't be so easily accessible. If you want it—and everyone deserves the occasional treat—you should go and look for it round the back of the shop. Why can't you be stood next to a load of apples and grapes? We need to mix things up a bit, swap the aisles round a little.”

Nevertheless, Kerridge is vastly proud of British produce. Our cuisine may have had a bad reputation a few decades ago, but all that has changed. “British produce is amazing,” he insists. “We have British beef, the finest asparagus and the most wonderful root vegetables in winter. It's something we should all be very proud of.” **C**

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## STUFFED PEPPERS

When you're watching your weight, feeling satisfied by a meal helps to keep you motivated. In the filling for these stuffed peppers, the melting mozzarella tastes utterly decadent and cauliflower replaces the usual rice, reducing the calories without you even noticing.

2 large yellow or red peppers  
½ tablespoon light olive oil  
1 red onion, finely diced  
2 garlic cloves, finely grated  
1 small yellow pepper, cored, deseeded and diced  
100 g courgette, diced  
80 g button mushrooms, sliced  
1 tablespoon tomato purée

½ teaspoon dried oregano  
100 g tomatoes, diced  
40 g pitted Kalamata olives, sliced  
120 ml fresh vegetable stock  
150 g cauliflower “rice”  
2 handfuls basil leaves, finely chopped  
Sea salt and freshly ground black pepper  
100 g half-fat mozzarella, cut into 4 slices

Preheat the oven to 180 C/gas mark 4. Line a baking tray with baking parchment. Halve the large peppers lengthways and remove the core and seeds. Place cut side up on the baking tray, shaving a thin sliver off the curved undersides to ensure they lie steady, if necessary. Heat the olive oil in a non-stick sauté pan, then add the red onion and cook over medium heat for 5 to 10 minutes, until softened and just starting to colour. Add the garlic and diced pepper and cook for 2 minutes. Stir in the courgette and mushrooms, and cook for 2 minutes. Stir in the tomato purée and cook for 1 minute. Add the dried oregano, tomatoes and olives, and cook for 3 to 4 minutes, or until the tomatoes soften. Pour in the vegetable stock, then add the cauliflower “rice” and stir through. Cook for about 5 minutes, until the liquid has reduced a bit. Stir in the basil and season with salt and pepper. Spoon the mixture into the pepper halves. Top each with a slice of mozzarella and bake on the middle shelf of the oven for 20 to 25 minutes or until the cheese is melted and golden brown. Serve hot.

Makes 2 servings as a main, 4 as a starter.

Calories: 320 per serving as a main, 160 as a starter.

