



S L I M T O N E



Soups

Quick & Easy Recipes



...healthy eating on a plate!

By Marie Griffiths



SLIMTONE

What could be quicker, easier or tastier than a home-made soup? Soup is ideal if you want to lose weight and have a healthy lifestyle. It is one of those foods that make us satisfied without lots of 'empty calories'. There's nothing better than a warming bowlful of goodness on a chilly winter's day.

Soups are easy to make too. Just simmer chopped vegetables in a good stock and then whizz it up in a food processor or blender. They're a great way to achieve your 5-a-day - and cheap too. You can make the most of seasonal and local veg when it's a bargain buy. And don't forget you can even use up the leftovers in the vegetable drawer - so nothing goes to waste!

In this new edition there's Slimtone favourites, including recipes from our guest chef, John Harvey, plus some modern classics and new flavours for up-to-date tasty alternatives. Try them for yourself.

Enjoy!

Marie Griffiths

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Slimtone Soups By Marie Griffiths with guest Consultant Chef, John Harvey. Published by Slimtone.

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It is recommended that you consult your GP before starting any eating plan. The author and publisher shall not be liable for any injury to health arising out of any diet or recipe recommended in Slimtone Soups.

Slimtone Super Soup

This is one of our members' favourite recipes and a versatile part of our healthy eating regime. It can be eaten freely with meals, taken to work in a flask (a great investment if you don't have anywhere to heat things up at work) and it also makes a tasty snack or starter in the cold weather.

Simmer a selection of free vegetables in water with a stock cube e.g. carrots, swede, leeks, onions, parsley, celery, beansprouts etc. When cooked, liquidise half of the soup and return to the remaining vegetables making it thicker and more satisfying.

I find that if soup has a thicker consistency, it is far more satisfying. If your soup is a bit thin, pop in a tablespoon of Cadbury's Smash and it'll soon be really tasty.

Slimtone Members' Suggestions

- ★ The Butternut Squash & Red Pepper soup is a firm favourite with our members but some say that it's difficult to prepare the butternut squash. Try this - simply mist the squash with one cal cooking spray and pop in the oven to roast. You can then easily cut into pieces, removing the seeds but keeping the skin on - now add it to the other ingredients for a fab soup.
 - If you leave this soup quite thick, it makes a great sauce and is really tasty with meatballs and spaghetti.
 - I add 56g/2oz red lentils and a few chilli flakes to make a great winter warmer,
- ★ Swede is so versatile and can be used in many recipes but can be difficult to peel. Try this - simply top and tail and pop in the microwave for around 8 minutes. It's ideal for any of the delicious Slimtone soups or for making swede chips, another calorie free favourite and a good way of having your '5-a- day'.
- ★ The recipes in the book are inexpensive and easy-to-prepare. They make a great snack, starter or part of your packed lunch - and as they are so low in calories, you can still enjoy the suggested lunch in your Slimtone Plan! Remember, enjoying a soup or salad with your lunch makes it far more satisfying and prevents those afternoon hunger pangs.
- ★ Chris's Limp Soup recipe shows how inexpensive and flexible healthy eating can be. Simply open the fridge and pop all the vegetables that are looking a bit sad into a large pan with stock and seasoning and blitz when cooked. I've used carrots, parsnip, swede, onions, leeks and broccoli and it tastes delicious.
- ★ Lots of members find that roasting vegetables enhances the flavour. Pop your favourite chopped veggies into a bowl and mist with one cal cooking spray. Place in a baking tray, crumble over two stock cubes and roast until softened. Put in a large saucepan with stock to cover and season before blitzing with handheld blender. This is great to freeze in small portions for a Hug-in-a-Mug on a cold day.



Butternut Squash & Red Pepper Soup

Serves 4 – calories negligible

Ingredients

1 onion, sliced	1 red pepper, diced
2 sweet red peppers, diced	1 butternut squash, diced
2 vegetable stock cubes	

Method

Pop sliced onion, de-seeded red pepper, sweet red peppers, cleaned and diced butternut squash, and stock cubes into a large saucepan. Add water to cover vegetables and simmer until cooked. Blitz with blender and serve garnished with parsley.

Marie's Tip

To make a creamy soup place a tablespoon of extra light cream cheese in a dish. Top with small amount of soup stirring well. Drizzle over remaining soup.

Most supermarkets sell ready prepared butternut squash which is really convenient.

Spicy Carrot & Lentil Soup

Serves 2 - approx 100 calories per portion

Ingredients

2 sticks celery, finely chopped
56g/2oz red lentils
1 tsp ground coriander
Freshly ground black pepper
One cal cooking spray

1 onion, finely chopped
2 carrots, coarsely grated
1 tsp ground cumin
600ml/1 pint vegetable stock

Method

Mist saucepan with cooking spray. Add onion and celery and cook until soft. Add carrots, lentils, cumin, coriander, stock and black pepper. Stir to mix. Cover and bring to the boil, then simmer gently for 15-20 minutes or until carrots and lentils are soft, stirring occasionally. Ladle into soup bowls and enjoy.



Celery & Apple Soup

This is a great way to use up that extra celery that's always in your fridge.

Serves 4 – approx 75 calories per portion

Ingredients

168g/6oz potatoes, peeled and diced
1 medium onion, chopped
6 sticks of celery, chopped
2 small sweet eating apples, peeled and chopped
2 vegetable stock cubes (or chicken if you prefer)
1.2 litres/2 pts water (use less if you want a thicker soup)

Method

Place all ingredients into a pan with the water and bring to the boil. Simmer until vegetables are cooked through. Season to taste. For a creamier soup, stir in a tablespoon of light cream cheese or low fat evaporated milk at the end of cooking.

Marie's Tip

Soup is a great starter for a packed lunch. The soup flasks are ideal and worth the investment.





Cheesy Leek & Mustard Soup

A gorgeously creamy leek soup with a sharp cheese and mustard kick. It makes a delicious and satisfying lunch.

Serves 4 - approx 40 calories per portion

Ingredients

675g/1½lb leeks, washed and sliced	1 large onion, finely chopped
1 medium potato, diced	1 large carrot, diced
1 heaped tsp mustard powder	2 tsp cornflour
1.5 litres/2½ pints water	1 vegetable stock cube
Salt & pepper	
56g/2oz half fat cheddar cheese, grated	

Method

Mist a large saucepan with cooking spray. Sauté leeks, onion, potato and carrot over a low heat for 10 minutes, or until all vegetables are tender. Mix mustard powder and cornflour with 100ml water to make a thin paste. Season the vegetable mixture with salt and pepper. Stir in the prepared mustard and cornflour thickening, stock cube and remaining water. Reduce heat and simmer gently until thickened. Puree the mixture until smooth using a hand blender or food processor. Return to the pan and bring to the boil. Stir in cheese and heat gently until melted. Pour into four warmed soup bowls and enjoy.

Celery & Stilton Soup

Celery and Stilton are a perfect pairing in this delicious soup that has a clean, fresh taste and a rich texture.

Serves 4 - approx 112 calories per portion

Ingredients

200g/7oz celery, chopped	1 onion, chopped
1 garlic clove, crushed	300ml/½ pint vegetable stock
1 tbsp plain flour	300ml/½ pint semi-skimmed milk
28g/1oz Stilton cheese or vegetarian alternative	
1 tbsp chopped fresh parsley	

Method

Mist a non-stick pan with one cal cooking spray and dry fry the celery, onion and garlic until soft. Add 1 tablespoon of the vegetable stock to the pan and sprinkle over the flour. Cook the flour out for 1 minute, stirring continuously, before gradually adding the remaining vegetable stock and milk. Crumble in the Stilton and allow the soup to simmer and thicken for 20 minutes. Just before serving, garnish with parsley.

Marie's Tip

Adding two Laughing Cow Blue Cheese triangles is a great substitute for the Stilton.





Cream of Broccoli Soup

A great way to ring the changes with broccoli. This creamy soup is homely and satisfying on a cold winter's evening.

Serves 1 – approx 150 calories

Ingredients

- 1 small potato, diced
- 2 heads broccoli, separated into florets
- 1 small onion, chopped
- 900ml/1½ pints vegetable stock
- 1 tsp dried basil
- 1 heaped tbsp low fat cream cheese

Method

Pop the potato, broccoli, onion, vegetable stock and basil into a saucepan. Bring to the boil and then simmer for 20-30 minutes. Allow to cool. Liquidise and stir in low fat cream cheese or reduced fat fromage frais.

Marie's Tip

Mushrooms, carrots or courgettes make a tasty alternative. This recipe also makes a delicious sauce for poultry or fish.



Cream of Chicken Soup

This classic chicken soup has been a favourite for centuries. It's delicious and can even be made from leftover chicken.

Serves 4 – approx 100 calories per portion

Ingredients

175g/6oz skinless chicken breast
1 onion, finely chopped
300ml/½ pint vegetable stock
300ml/½ pint semi-skimmed milk
2 tbsp low-fat yogurt

2 celery sticks, finely chopped
2 garlic cloves, crushed
1 tbsp plain flour
1 tbsp fresh parsley, chopped
Chopped chives to garnish

Method

Chop the chicken into small pieces. Mist a large non-stick saucepan with cooking spray. Add the chicken, celery, onion and garlic and dry fry for 2-3 minutes. Mix the flour with a little of the stock and add to vegetables. Cook for 1 minute before gradually mixing in the remaining stock and milk.

Simmer gently for 10-15 minutes to allow the soup to thicken. Stir in the parsley. Just before serving, remove from the heat and stir in the yogurt. Ladle into hot bowls, garnish with a few chopped chives and enjoy.

Marie's Tip

Frozen peas, sweetcorn or broccoli can also be added to the soup.

Cream of Tomato Soup

This classic soup recipe is fresh and warming and a real winner with all the family. Velvety smooth, it is a delicious low-fat treat.

Serves 4 – approx 80 calories per portion

Ingredients

680g/1½lb fresh tomatoes, chopped	1 large onion, chopped
1.2 litres/2 pints chicken stock	3 tsp tomato puree
3 tbsp self raising flour	2 tbsp low fat cream cheese
Salt and black pepper	

Method

Chop the tomatoes and onion and pop into a large saucepan to sweat for 20 minutes. Add the chicken (or vegetable) stock and season to taste. Add 3 teaspoons of tomato puree, bring to the boil then reduce the heat and simmer until tender. Mix 3 level tablespoons of self raising flour with water to a smooth paste. Liquidise or blend the soup until smooth. Add the flour paste and simmer in a saucepan until thickened. Swirl in 2 tablespoons of low fat cream cheese and enjoy!

Marie's Tip

For a delicious lunch, try toasting a thick slice of bread spread with low fat cheese. Pop under the grill until the cheese is bubbling. Mmmm!



French Onion Soup

A truly comforting winter warmer, this classic French soup has stood the test of time and remains one of Slimtone's most popular recipes.

Serves 1 – approx 180 calories

Ingredients

336g/12oz onions, sliced

Salt & pepper

28g/1oz grated half fat cheddar cheese

450ml/ $\frac{3}{4}$ pint beef stock

1 slice thick bread

Method

Place the onions and stock in a pan. Bring to the boil, cover and simmer for 20 minutes. Add salt and pepper to taste. Toast the bread lightly and cut into quarters. Pour the soup into an oven-proof bowl. Top with toast and sprinkle with the cheese. Place the bowl under a hot grill until the cheese has melted. Serve immediately.



Split Pea Soup

A family favourite, this soup never fails to keep you warm and boost your spirits.

Serves 4 – approx 110 calories per portion

Ingredients

200g/6oz yellow split peas (soaked overnight, then drained)
1 medium onion, chopped 3 large carrots, chopped
3 large parsnips, chopped 1 small leek, chopped
2 chicken or veg stock cubes
1.2 litres/2 pints water (or enough to cover the veg)

Method

Cover the split peas with water and boil for 15 minutes, then add the chopped veg and stock cubes - top up with water, if necessary. Simmer for 20 minutes or until cooked through. Blend to required consistency. Season to taste. For a creamy soup, add 2 tablespoons of low fat cream cheese.

Slimtone Savoury Croutons

Approx 65 calories per 28g/1oz

I love the little bonus crunchy croutons add to soup. Try our special, low-fat version. Cut day-old bread into cubes and place on a non-stick baking tray, mist with one cal cooking spray and bake until golden brown, turning occasionally. Experiment with different seasonings to add pizzazz to your lunchtime treat.

Marie's Tip

Traditional garlic bread is often quite high in fat content. Try our Slimtone low calorie alternative at only 80 calories. Rub a slice of day-old bread with a cut clove of garlic, lightly mist with one cal cooking spray and sprinkle with chopped parsley. Bake or toast until golden brown, slice into cubes or serve with any of the Slimtone recipes as a tasty slice of garlic bread.

Hearty Bacon & Lentil Soup

A lovely hearty and healthy soup that all the family will love. It's cheap and easy too, so a great way to feed a hungry crowd.

Serves 4 – approx 190 calories per portion

Ingredients

- | | |
|-------------------------------------|-------------------------------|
| 1 x 150g pack bacon medallions | 1 small onion, finely chopped |
| 1 medium carrot, chopped | 1 garlic clove, crushed |
| ½ tsp chilli powder | 175g/6oz red lentils |
| 1 medium potato, peeled and chopped | 1.1 litres/1¾ pints veg stock |
| 1 tin chopped tomatoes | 1 tbsp tomato puree |
| 1 tbsp dried thyme | Chopped parsley |
| 1 tbsp chopped chives | One cal cooking spray |

Method

Mist a large non-stick pan with cooking spray. Chop half the bacon medallions and pop into the pan with the onion and carrot. Stir over medium heat for 3 minutes. Add the garlic and chilli powder, cook for further minute. Put the lentils in a sieve and rinse under cold water, add to the pan with the potato, stock, tomatoes, tomato puree and thyme. Cover and simmer for 30-40 minutes until the lentils are tender. Grill the remaining bacon medallions and cut into small pieces. Cool the soup slightly, and puree in a blender. Return the soup to the pan, add the chopped bacon medallions and season to taste. Combine the parsley and chives and scatter over the soup. Serve and enjoy.





Leek & Potato Soup

One of the simplest but tastiest soups of all – and the great thing is, it's really cheap to make.

Serves 1 – approx 200 calories

Ingredients

2 large leeks, chopped
2 medium potatoes, diced (approx 280g/10oz)
1 onion, chopped
600ml/1 pint of vegetable stock
One cal cooking spray
Fresh parsley, cleaned and chopped

Method

Mist a non-stick pan with cooking spray and sauté leeks, potatoes and onion for 1-2 minutes. Add vegetable stock, bring to the boil and simmer gently for 20-30 minutes. Add parsley after about 15 minutes. Allow to cool and liquidise or blitz with hand blender.

Marie's Tip

I always stir in low fat soft cheese with chives before serving. It really does make a creamy and tasty flavour.

Mexican Chilli Beef Soup

A great recipe from our guest chef, John Harvey. Try something different with this tasty Mexican Chilli Beef Soup. A hearty soup that's ideal as a winter snack.

Serves 4 - Approx 100 calories per portion

Ingredients

125g/4½oz lean minced beef	1 large onion, chopped
1 red pepper, diced	1 tin chopped tomatoes
1 small tin red kidney beans	450ml/¾ pt beef stock
½ tsp chilli powder	1 clove garlic
Salt	

Method

Finely dice the onion, red pepper and garlic. Seal the beef over a medium heat and drain off any excess fat. Add onion, red pepper, and garlic and continue cooking until the meat is browned. Add the tomatoes, kidney beans and the stock. Season with salt and the chilli powder and mix thoroughly. Cover and simmer for 30 minutes. Allow to cool and liquidise or blitz with hand mixer to thicken. Reheat before serving into four warm dishes and enjoy.



Broccoli & Cauliflower Cheese Soup

A nutritious, healthy and delicious soup. Packed with veggies and a lovely cheesy flavour, this is comfort food at its best.

Serves 4 – approx 115 calories per portion

Ingredients

2 heads of broccoli, in florets	1 cauliflower, in florets
55g/2oz onion, chopped	55g/2oz half-fat Cheddar, grated
1.2 litres/2 pints vegetable stock	1 tbsp/15ml fresh chives
45g/1½oz small pasta shapes (dry weight)	Salt and black pepper

Method

Place the broccoli, cauliflower, onions and stock into a large pan. Bring to the boil, cover and simmer for approx. 10 minutes or until the vegetables are tender. Liquidise. Return the liquidised soup to the pan and add the pasta. Gently bring to the boil and cover. Simmer for a further 10 minutes or until pasta is tender. Stir in the cheese and chives, season and continue to simmer for a few more minutes until the cheese has melted and the soup has thickened slightly. Do not boil or the cheese will become stringy. Leave to cool and stir in 2 tablespoons low fat cream cheese to enjoy a delicious flavour.



Carrot & Coriander Soup

This soup is light and fresh and super-fast to make. It freezes well too.

Serves 4 - calories negligible

Ingredients

450g/1 lb carrots, diced

1 clove garlic, crushed

1 tbsp/15ml ground coriander

2 large onions, chopped

600ml/1 pint vegetable stock

Salt & ground black pepper

Method

Place carrots, onions and garlic in a large saucepan. Add stock and ground coriander. Bring to the boil. Reduce heat and simmer for approx. 30 minutes. Puree with a blender or liquidiser until smooth. Return mixture to the pan and season to taste before serving.

Marie's Tip

Some members enjoy adding the zest of an orange to this recipe.



Roasted Tomato & Red Pepper Soup

Guest chef, John Harvey, offers this modern twist on a classic tomato soup. A lovely fresh and sweet soup that is nutritious and economical. And you don't even need a saucepan!

Serves 4 – approx 80 calories per portion

Ingredients

1kg/2 lb tomatoes	1 onion, chopped
½ kg/1lb red peppers, diced	2 cloves garlic, crushed
600ml/1 pt vegetable stock	2 tsp cornflour
1tbsp olive oil	Salt & black pepper

Method

Halve the tomatoes and dice the peppers (large pieces). Place in a roasting tray with the onions. Chop the garlic, add to the tomatoes with the oil and lightly season. Mix together well. Place into a preheated oven (250°C) for approx. 25 minutes or until softened. Mix the hot stock with the cornflour. This will help to bind the soup. Place the tomatoes etc. into a liquidiser and blitz while adding the stock until the mixture is smooth and has the desired consistency. Check seasoning. Reheat before serving in 4 warm soup bowls and enjoy.

You'll find that the method of roasting in this recipe will remove any bitterness. This will give a rich sweet flavour without adding sugar, as is normal in most tomato soup recipes.



Jules' Chicken & Veg Noodle Soup

This soup is healthy, satisfying and tastes incredible.

Serves 4 – approx 200 calories per portion

Ingredients

168g/6oz chicken, thinly sliced	2 onions, sliced
½ inch piece ginger, peeled & minced	1 clove garlic, minced
84g/3oz potatoes, cubed	56g/2oz peas
84g/3oz carrots, chopped	56g/2oz broccoli, small pieces
2 tbsp Worcestershire sauce	900ml/1½pt chicken stock
168g/6oz dried egg noodles (cook as instructed on packet)	
Salt & pepper	

Method

Mist a non-stick pan with cooking spray and fry off the chicken, onion, ginger and garlic for about 5 minutes. Add all the other ingredients, except the noodles, and simmer until the vegetables are tender and the chicken is cooked. Add the cooked noodles. Season to taste and enjoy.

Marie's tip

Pasta shells or Orzo can be used instead of noodles if you prefer.



Spicy Parsnip Soup

A delicious soup that's not too hot. Excellent as a winter starter.

Serves 4 – approx 110 calories per portion

Ingredients

2 onions, chopped	1 kg/2lbs parsnips, peeled and diced
1 tbsp curry paste	1.5 litres/2½ pints hot vegetable stock
Freshly ground black pepper	100g/3½ oz extra light cream cheese
Chopped parsley	One cal cooking spray

Method

Mist large saucepan with cooking spray. Add onions and cook over a moderate to high heat for 1-2 minutes until softened. Add parsnips and cook, covered, over a low heat for 5 minutes with the lid on to sweat vegetables. Stir in curry paste, cook for a minute and then add vegetable stock. Cover and simmer for 20-25 minutes until the parsnips are soft. Add $\frac{3}{4}$ of cream cheese to soup and blend until smooth. Season to taste with black pepper. Serve garnished with remaining cream cheese and parsley.

Marie's Tip

Curry powder can be used instead of paste – simply add to suit your taste.



Spicy Carrot, Parsnip & Potato Soup

A nice warm soup for the cold months. It is a lovely colour and has a creamy texture. Perfect for using leftover cooked vegetables.

Serves 4 - approx 130 calories per portion

Ingredients

450g/1lb floury potatoes, e.g. King Edwards, finely diced	
1 small onion, finely chopped	2 large parsnips, finely diced
3 large carrots, finely diced	1 tsp ground cumin
1 tsp ground coriander	1.2 litres/2pts vegetable stock
Salt & black pepper	4tbsp light creme fraiche
Fresh herbs to garnish e.g. coriander	

Method

Mist a large pan with cooking spray and gently fry the onion for 5 minutes until soft. Add the potatoes, parsnips and carrots and continue to cook for 10 minutes, covered over a low heat, stirring occasionally. Add in the cumin and coriander and cook for 1 minute before adding the stock. Season to taste and bring to the boil. Reduce the heat, cover and simmer for 20-25 minutes or until the vegetables are tender. Allow to cool slightly, then blitz with a hand-held blender until smooth. Return to the pan and stir in the creme fraiche over a low heat. Adjust the seasoning and garnish with fresh herbs. Enjoy!



My Notes

One of the things I like best about making soup is that it's so flexible. It's great to follow a recipe, but you can experiment too. Treat the recipes as a starting point and adapt them to suit your taste or to use whatever ingredients you have to hand. Keep a record of the changes you make on this page – and share your ideas with us on our Slimtone Facebook page.

Soup	Date Cooked	Cooking Notes:	Tasting Notes:
<i>E.g Leek & Potato</i>	<i>10.01.21</i>	<i>Added fresh chopped parsley just before serving. Freezes well</i>	<i>Delicious, filling lunch. Parsley added a freshness</i>
Slimtone Super Soup			
Butternut Squash & Red Pepper			
Spicy Carrot & Lentil			
Celery & Apple			
Cheesy Leek & Mustard			
Celery & Stilton			
Cream of Broccoli			
Cream of Chicken			
Cream of Tomato			
French Onion			
Split Pea			
Hearty Bacon & Lentil			
Leek & Potato			
Mexican Chilli Beef			
Broccoli & Cauliflower Cheese			
Carrot & Coriander			
Roasted Tomato & Red Pepper			
Jules' Chicken & Veg Noodle			
Spicy Parsnip			
Spicy Carrot, Parsnip & Potato			

A few words from Slimtone members.....

“Slimtone is different. No gimmicks, no gadgets, no buying ‘special’ foods. Right from the start it was straight-forward, with everyday food and easy recipes. All of the soups are tasty too and better than any ready-made soups you can buy in a can. I’ve really enjoyed it AND I’ve lost weight.”

Suzanne Evans, successful Slimtone member

“It’s amazed me that I can eat so much food, never feel hungry and still lose weight. The meals are all so easy to make. I love making the soups too – they are so handy for taking to work as a snack. We really love the Butternut Squash and Red Pepper Soup - it’s now a firm favourite in our household.”

Maria Thomas, successful Slimtone member

“With such a busy job and doing so much travelling, I was grabbing food whenever I could. With Slimtone, it’s so easy to plan ahead. The Spicy Parsnip Soup is one of my long-term favourites. I like trying out different things too and am always adding to my selection of meals.”

Nicola Eades, successful Slimtone member

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