

2000

## One Pot Wonders

Conrad Gallagher

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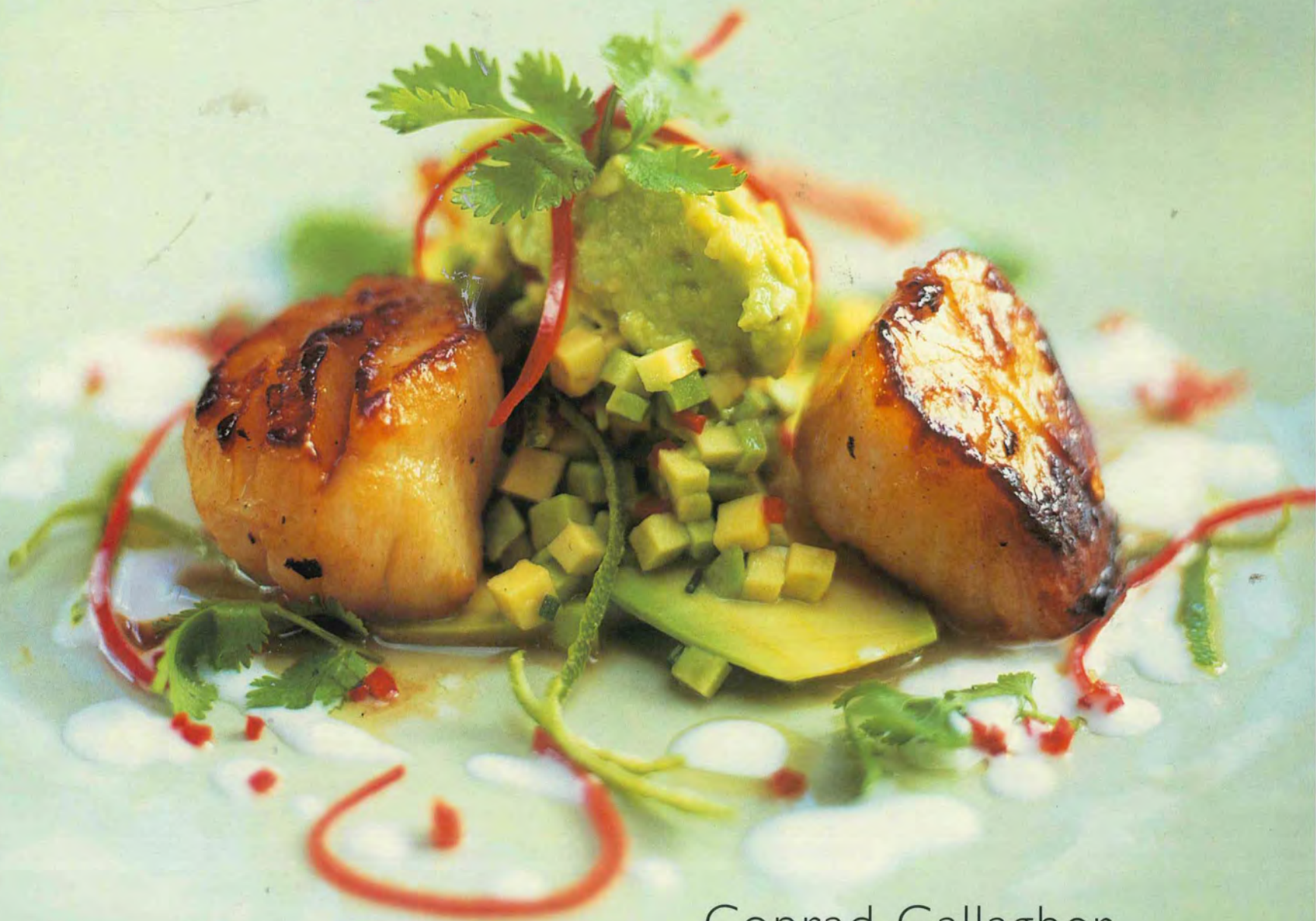
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# one pot wonders



Conrad Gallagher



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Conrad Gallagher

*with photographs by Gus Filgate*

GILL & MACMILLAN

To Lauren, with all my love

**Edited by** Alexa Stace

**Photography by** Gus Filgate

**Styling by** Helen Trent

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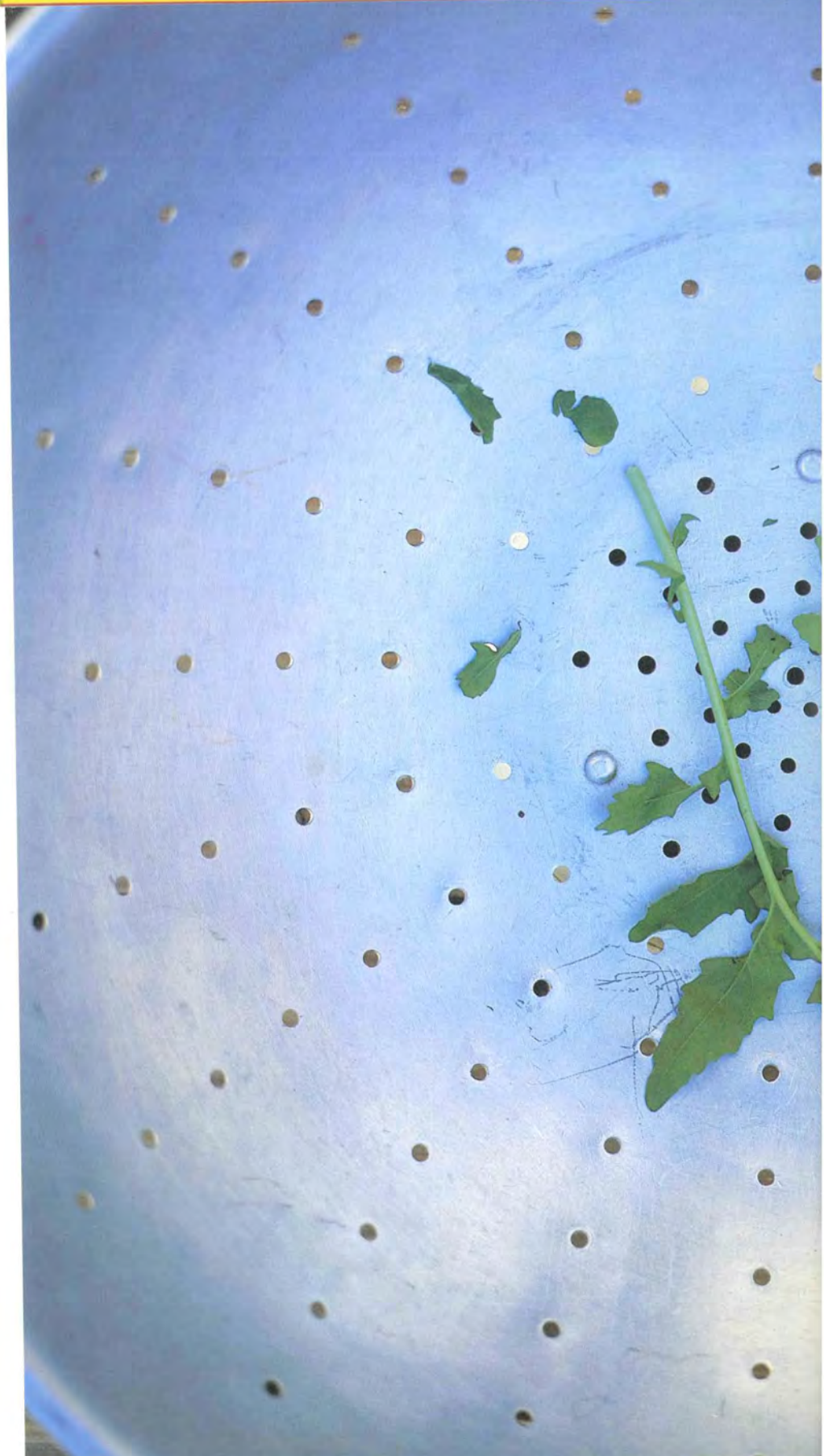
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*Thanks to Sophie without whom this book would never have been completed.*





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# introduction

The idea for this book is a simple one. The recipes are designed so that with a little thought and preparation – and sometimes even with none at all – they can be cooked using just one pan. In many cases you can even serve them in the pan.

The reasoning behind this is simple. By imposing the one-pan discipline I forced myself to simplify some of the more complicated dishes we serve in our restaurants. I feel that this makes the dishes less intimidating to people who would like to try something different, but who do not necessarily possess a huge kitchen and a massive arsenal of cookware. Plus it saves on the washing up. After all, when you are cooking at home for friends and family, no matter how much you enjoy it you should aim to spend more time eating the food than you do cooking it – or clearing up afterwards. It is an essential part of my philosophy that food can be sophisticated, yet simple; that meals can be classy, without being complicated. In our restaurants we are blessed with a large staff, lots of space and an impressive array of equipment. And even when we are under immense pressure we still have plenty of time to devote to preparation. At home you may not have any of that, but just because you are short of time, space or equipment doesn't mean that you can't produce great-tasting, good-looking food which is fun to cook and enjoyable to eat.

I've always believed that food – whether eating out in a restaurant or at home – should be an enjoyable experience. When you cook at home there's a reason why it's called entertaining – it should be! I hope that *One Pot Wonders* will help with that, and that it encourages you to experiment further in your own kitchen.