



The Guilty Secret of Celebrity Chefs

THE **FAT** PANEL

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Foreword

by Sian Porter of The Fat Panel

Celebrity chefs are now firmly part of our culture and their shows and books are enjoyed by thousands. Anything that encourages people to think about and enjoy what they eat and hopefully have a go themselves is to be encouraged. Many of their recipes use fruit and vegetables or give suggestions for the dish to be served with them.

The first rule of healthy eating is to enjoy our food. We are not being the nutrition police here or killjoys, but there are some things that are pure indulgence and should be left as such, to be enjoyed as an occasional treat in all their fat, sugar and calorie-laden glory. We should think about the ingredients and how often and how much we eat of these delights, and be cautious of getting into the habit of eating them too frequently as they stand. There are some ingredients which cannot be changed as they give a recipe its unique taste or have a specific form or function. However, there are other recipes which can be tweaked so that the end result is healthier but still delicious, busting the myth that healthy food doesn't taste good.

On average, we are each eating 20% too much saturated fat and there is considerable evidence that eating too much saturated fat can increase levels of LDL (bad) cholesterol, which is a risk factor for coronary artery disease the UK's biggest killer. It is estimated that if our consumption of saturated fat were to be cut to the recommended guideline level, approximately 3,500 deaths would be averted annually (The Cabinet Report, 2008).



Celebrity chefs are incredibly influential in the UK when it comes to food and what we eat. Millions of people tune in to television and radio programmes or rush out to buy the latest cookbook, without realising that often these recipes are high in saturated fat. Whilst these delicious meals are fine as occasional treats, many people do not realise the potential health implications of these calorie and fat-laden dishes.

This report looks at the saturated fat content in various celebrity chefs' recipes and shows how easy it is to reduce the saturated fat content without affecting the flavour and overall tasty experience.

Saturated fat in the cook books

When The Panel's resident dietician analysed the recipes from 16 different celebrity chefs, the results were clear – there is room for improvement. She looked at each recipe together with a home economist, to ensure that taste and performance were maintained and came up with some simple ways to cut the saturated fat content. The result is that our tips cut the amount of saturated fat in the recipes by up to 96% - so you can have your cake and eat it.

Most chefs recommend lean meat. Some chefs, such as Lesley Waters, are to be applauded for using 'good' fats throughout her cooking and Delia Smith and Jamie Oliver seem to have a balanced view although need to work on their frequent use of butter. Some others like Antony Worrall Thompson seem ambivalent whereas the likes of John Burton Race and Rick Stein seem keen to use high saturated fat ingredients constantly.

Our report shows that single portions of some celebrity chefs' recipes were providing more than 100% of a woman's Guideline Daily Amount (GDA) for saturated fat (20g), pushing them way over their daily limit when other drinks/meals throughout the rest of the day would be consumed too.

For instance, one portion of Gordon Ramsay's Sticky Toffee and Chocolate pudding contained 23g of saturated fat compared with a full day's allowance for a woman of just 20g. Tana Ramsay's Irish Lamb Stew with Dumplings provided 125% of a woman's GDA of saturated fat in a single portion (25g) and Phil Vickery's Tasty Cottage Pie with Aubergines and Spicy Herb Topping contained 24g of saturated fat. A single portion of Jean-Christophe Novelli's Honey Roast Pumpkin Soup gave up to a whopping 43.2g or 216% GDA of saturated fat – and that's before adding the suggested full fat cheese garnish. Remarkable when it is taken into consideration that soup is usually chosen as a starter or a 'light' option!

RECOMMENDED SATURATED FAT INTAKE

Total daily energy intake in calories		Saturated fat Guideline Daily Amount (GDA)
Women	2,000 kcal	20 g/d
Men	2,500 kcal	30 g/d

Substitution is the key to cutting down on saturated fat in these recipes so you can still have the pleasure of preparing and eating them without the saturated fat. For example, in the Baked Apples recipe from Allegra Hicks & John Burton Race substituting sunflower spread for butter and serving the pudding with 3% Greek yoghurt (or further improved using the 2% or 0% yoghurts, which are available) cuts the saturated fat per portion from 24g to 4g.

Other effective tips to cut saturated fat, such as using a strong flavour cheese so you need less are employed by Delia Smith in her Rosti recipe but again this could have the saturated fat content reduced even further by using a reduced fat mature Cheddar. Phil Vickery's shepherd's pie recipe is different and uses an extra vegetable which is to be applauded yet he uses vast quantities of butter to make his spicy mashed potato. As it is seasoned with spice you can get away with using a lot less milk and butter and substituting it with skimmed milk and low-fat polyunsaturated or monounsaturated spread, which halves the saturated fat content per portion.

If you start the day with porridge for breakfast you would probably think it was a healthy start to the day but Antony Worrall Thompson's porridge recipe illustrates how easy it is for dietary saturated fat to creep up during the day. One bowl and you would already have consumed one-fifth of your full day's Guideline Daily Amount (GDA) of saturated fat. It's easy to alter a dish to cater to your individual taste and cut down on saturated fat. Depending on something as simple as what kind of milk or using a mix of milk and water or

all water to make the porridge has a significant effect on its saturated fat content. Marco Pierre White has some fantastic recipes for making vegetables more exciting yet many rely on adding butter and so saturated fat. In his green beans with almonds recipe for example, the almonds can be toasted in the oven or dry fried rather than frying in butter reducing the saturated fat content by 90% but still tasting delicious. It seems counter-intuitive to make fruit and vegetables less healthy.

As part of the FSA campaign to reduce UK saturated fat consumption cooking tips are given which, alongside their other advice, can really help cut down on your saturated fat intake and these are detailed on the following pages.

Celebrity chefs' recipes - analysis of saturated fat content

Raspberry cranachan

serves 4
 50g oatmeal
 300ml double cream
 3 Tbsp clear honey
 2 Tbsp whisky
 350g raspberries

Chef: Rick Stein
 Name of Book: Coast to Coast
 page 45

replace with
 300ml 3% fat Greek yoghurt

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
raspberry cranachan - double cream	1994	165.6	100.2	25
raspberry cranachan - yoghurt	744	13.4	5.7	1

One portion before Fat Panel recommendations = 125% of a woman's GDA for saturated fat
 One portion after Fat Panel revisions = 5% of a woman's GDA for saturated fat

A 96% reduction in saturated fat



Parsnip & haddock soup

serves 6

25g butter

1 onion

1 celery stalk

1 kg parsnips

1.8 litres vegetable stock

300g undyed smoked haddock

300ml milk

150ml double cream (optional)

leave out cream

25g sunflower spread 59% fat

Chef

Giorgio & Tony
Locatelli

Title of book

Tony & Giorgio

page 12

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
parsnip and haddock soup - butter and cream	2085	127.1	72.8	12
parsnip and haddock soup - whole milk, sunflower spread	1290	43.1	13.8	2
parsnip and haddock soup, sunflower spread, skimmed milk	1188	32.0	8.7	1

One portion before Fat Panel recommendations = 60% of a woman's GDA for saturated fat

One portion using sunflower spread but whole milk = 10% of a woman's GDA for saturated fat

One portion using sunflower spread and skimmed milk = 5% of a woman's GDA for saturated fat

A 92% reduction in saturated fat

Green beans with almonds

500g green beans
50g unsalted butter
50g flaked almonds
salt & freshly ground pepper

Chef Title of book
Marco Pierre White Great British Feast page 174

replace with
toast almonds in oven on baking tray until golden or dry fry by placing in heated non-stick pan and keep moving rather than adding butter and frying

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
green beans with almonds	798	71.5	28.8	5
green beans with toasted almonds	426	30.4	2.7	0.5

One portion before Fat Panel recommendations = 25% of a woman's daily saturated fat allowance
One portion after Fat Panel revisions = 2.5% of a woman's GDA for saturated fat

A 90% reduction in saturated fat

Tamarillo (tropical fruit like a plum) pudding

1 tamarillo, halved
25g/1oz caster sugar
50ml/2fl oz red wine
2 tbsp full fat Greek yoghurt, to serve

Chef
Ross Burden

Title of book
web site

Replace with:
2 tbsp 2% fat or 0% fat Greek yoghurt, to serve

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
Tamarillo pudding - Greek yoghurt	250	9.3	4.7	4.7
Tamarillo pudding - 2% fat yoghurt	197	1.1	0.6	0.6

One portion before Fat Panel recommendations = 24% of a woman's GDA for saturated fat
One portion after Fat Panel revisions = 3% of a woman's GDA for saturated fat

An 87% reduction in saturated fat

Baked apples

serves 4
50g sultanas
50g raisins
50g walnuts
dash of calvados
100g sugar
4 cooking apples
100g butter
double cream to serve

replace with

100g vegetable oil spread 59% fat
3% fat Greek yoghurt

Chef Title of Book
John Burton Race and First crack your egg 203
Allegra Hicks

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
baked apples - butter, double cream	2590	182.0	95.9	24
baked apples - sunflower spread, yoghurt	1898	99.7	17.3	4

One portion before Fat Panel recommendations = 120% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 20% of a woman's GDA for saturated fat

An 83% reduction in saturated fat

Honey roast pumpkin soup

Serves: 6-8

Ingredients

1kg fresh pumpkin, diced
 50ml runny honey
 80ml olive oil
 500g onions, peeled and diced
 4 bay leaves
 5 sprigs fresh thyme, stalks removed
 2 tablespoons white wine vinegar
 450ml hot vegetable or chicken stock
 ½ litre double cream
 salt and freshly ground black pepper

To serve

300g red Leicester cheese, grated
 crème fraîche

Chef
 Jean-Christophe
 Novelli

Title of book
 Internet

Replace with:
 150g red Leicester cheese, grated
 half-fat crème fraîche
 1 tbsp ground almonds

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)	
				6 portions	8 portions
Honey Roast Pumpkin soup - double cream/ full fat cheese	5198	473.4	259.4	43.2	32.4
Honey Roast Pumpkin soup - almonds/ half fat cheese	2305	172.8	53.0	8.8	8.8

One portion before Fat Panel recommendations = 216% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 44% of a woman's GDA for saturated fat

An 80% reduction in saturated fat

Rhubarb and ginger crumble

serves 4-6

600g rhubarb

2 tsp stem ginger in syrup

35g caster sugar

150g plain flour

125g salted butter

185g caster sugar

replace with

125g vegetable oil spread 59% fat

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)	
				4 portions	6 portions
Rhubarb and ginger crumble - butter	2128	104.7	65.3	16	11
Rhubarb and ginger crumble - sunflower spread 59%	1899	77.9	14.3	4	2

One portion before Fat Panel recommendations = 80% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 20% of a woman's GDA for saturated fat

A 75% reduction in saturated fat

Porridge with apples and crunch

serves 4

Compote

2 cox or Granny Smith apples

40g caster sugar

pinch ground cinnamon

half a vanilla pod

60ml apple juice

Porridge

115g porridge oats

600ml whole or semi-skimmed milk

2 Tbsp soft light-brown sugar

pinch of salt

4 Tbsp muesli

drizzle of honey (optional)

Chef

Antony Worrall

Thompson

Title of book

Fast Family Food

page 11

replace with:

600ml 1% or skimmed milk

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
porridge with apples & crunch whole milk	1317	38.2	16.8	4
porridge with apples & crunch semi skimmed milk	1197	25.0	8.3	2
porridge with apples & crunch skimmed milk	1113	16.00	2.6	1

One portion before Fat Panel recommendations = 20% of a woman's GDA for saturated fat

One portion using semi-skimmed milk = 10% of a woman's GDA for saturated fat

One portion using skimmed milk = 5% of a woman's GDA for saturated fat

A 75% reduction in saturated fat

Egg & bacon pie

Serving Size : Serves 6

FOR THE PASTRY:

240g plain flour

80g Trex or other vegetable shortening

80g butter

3-5 tablespoons salted iced water – or enough to bind

FOR THE FILLING:

500g pancetta or bacon, chopped into small batons

1 medium onion, finely chopped

1 spring onion, finely chopped

approximately 2 tablespoons chopped parsley

2 large eggs

Replace with:

30g white Flora

30g Flora Buttery

Chef

Nigella Lawson

Title of book

web site

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)	
				6 portions	8 portions
Egg & Bacon Pie - Butter/ Trex	3436	244.6	101.0	16.8	
Egg & Bacon Pie - Flora/ Flora white	2200	100.9	28.6	4.8	

One portion before Fat Panel recommendations = 84% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 24% of a woman's GDA for saturated fat

A 71% reduction in saturated fat

Roast plums with cinnamon and lemon

serves 4

750g firm, dark plums

85g demerara sugar

1/2 tsp ground cinnamon

25g butter

grated zest of 1 lemon

Chef

Tana Ramsay

Title of book

HOME MADE

page 239

replace with

25g sunflower spread 59% fat

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
roast plums with cinammon and lemon - butter	791	21.3	13.0	3
roast plums with cinammon and lemon - sunflower spread	743	16.0	2.8	1

One portion before Fat Panel recommendations = 15% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 5% of a woman's GDA for saturated fat

A 66% reduction in saturated fat

Sticky toffee and chocolate pudding

serves 8

Pudding

200g medjool dates

175g muscovado sugar

250ml water

100g lightly salted butter

1 tsp vanilla essence

1 tbsp espresso or strong coffee

3 large eggs

150g plain flour

50g cocoa powder

1 tsp bicarbonate of soda

1 tsp baking powder

Toffee sauce

100g dark muscovado sugar

75g lightly salted butter

250ml double cream

replace with

100g vegetable oil spread 59% fat

75g vegetable oil spread 59% fat

250ml thick single cream

Chef

Gordon Ramsay

Title of book

Cooking for Friends

page 241

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
sticky toffee & choc pudding - butter/double cream	4767	313.6	187.7	23
sticky toffee & choc pudding - sunflower spread/single cream	3875	189.7	63.2	8

One portion before Fat Panel recommendations = 115% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 40% of a woman's GDA for saturated fat

A 65% reduction in saturated fat

Tasty cottage pie with aubergines and spicy herb topping

serves 4

500g lean lamb mince
 1 small onion, peeled and chopped
 4 heaped tbspn flour
 350mls strong lamb or chicken stock
 2 tbspn tomato ketchup
 1 tspn fresh thyme
 1 tbspn Worcester sauce
 1 aubergine
 6 tbspn olive oil
 about 1kg potatoes, peeled and made into mash
 200mls warm milk
 100g melted butter
 pinch curry powder
 1 tspn paprika
 4 tbspn roughly chopped parsley

Chef
 Phil Vickery

Title of book
 website

replace with
 1% milk
 50g or 25g low-fat polyunsaturated or monounsaturated spread

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
cottage pie with aubergines - 100g butter & 200ml whole milk mash	3782	223.2	95.9	24
cottage pie with aubergines - 1% milk, 25g polyunsaturated low fat spread	3246	143.5	41	10

One portion before Fat Panel recommendations = 120% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 50% of a woman's GDA for saturated fat

A 54% reduction in saturated fat

Lasagne

Serves 6-8

For the meat sauce:

1 tbsp olive oil

1 good knob butter

1 medium onion, finely chopped

1 stick celery, finely diced

1 large carrot, finely diced

2 garlic cloves, finely chopped

125g streaky bacon, finely diced

750g coarsely ground beef

100g free-range chicken liver, chopped fine (optional)

Salt and ground black pepper

250ml whole milk

A couple of gratings of nutmeg

250ml dry white wine

400g tinned chopped tomatoes

500ml beef stock

2 bay leaves

For the béchamel:

750ml hot milk, infused with a bay leaf and a slice of onion

50g butter

50g plain flour

A grind or two of nutmeg

Salt and ground black pepper

10-14 lasagne sheets (depending on size of dish), fresh or dried

80g Parmesan grated

About 20g butter

Replace with:

1 good knob 59% sunflower spread

750ml semi-skimmed or 1% hot milk

50g 59% sunflower spread

Chef
Hugh Fearnley-
Whittingstall

Title of book
The Guardian Website

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
Lasagne - whole milk/butter	4251	246.2	123.2	20.5
Lasagne - skimmed milk/ vegetable oil spread	3774	193.8	74.3	12.4

One portion before Fat Panel recommendations = 102% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 62% of a woman's GDA for saturated fat

A 40% reduction in saturated fat

Bubble and Squeak Rösti

450 g Desirée or Romano potatoes (this should be 3 evenly sized potatoes weighing about 150 g each)
75 g spring greens or green cabbage (trimmed weight)
50 g mature Cheddar, coarsely grated
1 level tablespoon plain flour
25g butter
1 dessertspoon olive oil
salt and freshly milled black pepper

replace with
25g sunflower oil 59% fat spread

Chef
Delia Smith

Title of book
web site/vegetarian cooking

	Energy (kcal) total	Total fat (g)	Sat fat (g) total	Sat fat per portion (g)
bubble & squeak rosti - butter	987	52.3	25.9	6
bubble & squeak rosti - sunflower spread	919	47.0	15.7	4

One portion before Fat Panel recommendations = 30% of a woman's GDA for saturated fat
One portion after Fat Panel revisions = 20% of a woman's GDA for saturated fat

A 33% reduction in saturated fat

Toad in the hole

serves 4

- sunflower oil
- 8 large good-quality sausages
- 4 sprigs of fresh rosemary
- 2 large red onions, peeled and sliced
- 2 cloves of garlic, peeled and finely sliced
- 2 knobs of butter
- 8 tablespoons balsamic vinegar
- 1 level tablespoon good-quality vegetable stock powder or 1 vegetable stock cube

for the batter

- 285ml milk
- 115g plain flour
- a pinch of salt
- 3 eggs

replace with
skimmed milk / oil spray

Chef

Jamie Oliver

Title of book

Happy Days with the Naked Chef
website

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
toad in the hole - whole milk/butter	2902	201.2	72.5	18
toad in hole - skimmed milk/oil spray	2431	149.2	52.0	13

One portion before Fat Panel recommendations = 90% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 65% of a woman's GDA for saturated fat

A 28% reduction in saturated fat

Irish lamb stew with dumplings

serves 6
 1.25kg lamb fillet
 4 tbsp plain flour
 salt and pepper
 2 onions
 2 sticks celery
 3 large carrots. Peeled
 2 large leeks
 4 medium floury potatoes
 3 tbsp pearl barley
 1.5 litres boiling water
 2 bay leaves
 salt and black pepper
 for the dumplings
 175g self-raising flour
 75g suet
 3 tbsp flat-leaf parsley
 125ml water

Chef
 Tana Ramsay

Title of book
 HOME MADE

page 110

replace dumplings with savoury cobbler
 200g plain flour, sifted
 pinch salt
 3 level teaspoons baking powder
 100g cold sunflower spread 59% fat
 150ml fresh 1% milk

	Energy (kcal)	Total fat (g)	Sat fat (g)	Sat fat per portion (g)
Irish lamb stew & dumplings	6232	313.9	147.3	25
Irish lamb stew & savoury cobbler	6330	309.8	121.4	20

One portion before Fat Panel recommendations = 125% of a woman's GDA for saturated fat

One portion after Fat Panel revisions = 100% of a woman's GDA for saturated fat

A 20% reduction in saturated fat

Cooking tips

- If you're using cheese to flavour a dish or a sauce, you could try using a very strong-tasting cheese, such as mature Cheddar, as you'll need less. Also look out for some of the great tasting reduced fat mature Cheddars that are available.
- Cut any visible fat and skin off meat before cooking.
- Grill meat rather than frying.
- Use liquid oils such as olive, sunflower or rapeseed oils or margarines and spreads instead of butter, lard and ghee in cooking.
- Make mashed potato with olive oil and garlic instead of butter and milk or try low fat spread and semi-skimmed milk.

Shopping tips

- Choose low and lower-fat varieties of dairy foods such as semi-skimmed, 1% fat milk or skimmed milk, low-fat yoghurts and lower-fat cheeses.
- Look at the label when choosing cheese as different varieties of cheese can have different saturated fat levels. Soft cheese tends to have less than hard cheese.
- Check the label when buying meat as there can be big variances between the types of meat, cut of meat and how it has been prepared.

- * The more white you can see on meat, the more fat it contains. So, for example, back bacon has less than half the saturated fat of streaky bacon.
 - * Go for turkey and chicken without the skin.
 - * Go for leaner varieties of mince – the saturated fat content can vary widely.
 - * Look out for coatings and sauces which may increase the saturated fat levels.
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- Have pies with only one crust rather than two – either a lid or a base – because pastry is very high in saturated fat.
 - Choosing a fat spread with lower total fat per 100g generally means that the saturated fat content per 100g will be lower.
 - Go for polyunsaturated or mono-unsaturated spreads where possible and not dairy based spreads.
 - If you are going to have crisps – check the label and choose those with the lower saturated fat – as there is often a big difference between brands. Crisps and savoury snacks cooked in sunflower or rapeseed oils tend to be lower in saturated fat than those cooked in unspecified vegetable oils.
 - Go easy on 'sharer' or 'grab' bags of sweet and savoury snacks as portion sizes are harder to estimate.
 - Compare the labels on foods like biscuits and cakes to make sure they're lower in saturated fat.

Habitual tips

- Try having smaller portions of cheese or eating it less often.
- Grate your cheese – you'll eat less.
- Try to limit the amount of buns, cakes, pastries, pies and biscuits you eat.
- Try to limit the amount of sausages, salami, pâté and beef burgers you eat, as these are generally high in saturated fat and often high in salt too.
- Remember that meat products in pastry, such as pies and sausage rolls, are high in saturated fat, as they may contain fatty cuts of meat and the fat in pastry.
- If you are going to have something 'sweet', instead of cakes or biscuits, try having a currant bun, scone or some malt loaf, plain or with lower fat or reduced fat spread.
- Snack foods can be high in saturated fat and salt and should only be seen as a treat.
- We can enjoy chocolate treats every now and again, but think about how often and how much you eat of them instead of getting into a habit of eating them every day.

Swapping tips

- Swap red meat for fish or turkey/chicken without the skin on.
- Swap creamy or cheesy sauces for tomato or vegetable based sauces.
- Swap butter for vegetable oil based spreads.
- Swap a large whole milk coffee for a regular 'skinny' latte.

Conclusion

This report is by no means comprehensive but gives a clear snapshot of typical examples of the recipes from celebrity chefs. Many are making efforts to make their recipes healthier, but there is still room for improvement. It is through a combined effort that the UK population can reach their target saturated fat intake.

Meals that are high-calorie or high in saturated fat can be delicious and fine as they stand as occasional treats. However, as people are being encouraged more and more to cook from scratch, it is important that they understand the health implications of consuming such meals too often and know how to make them a little healthier. Simple swaps and switches can easily make a 'naughty' dish into a healthy 'nice' one that's just as tasty making you sat fat savvy.

