



Newsletter

All the latest on fat related issues.

Welcome

Lifting the lid on celebrity chefs' recipes

Over the last month or so, you may have seen a story about the saturated fat content of various celebrity chefs' recipes. These recipes can be delicious and it's great to get people cooking from scratch but The Fat Panel wants to highlight the potential high saturated fat intake particularly if these dishes are cooked and eaten too often. By making some small changes to the recipes, it's possible to enjoy them frequently without overloading on saturated fat. Here, we lift the lid on 'The Guilty Secret of Celebrity Chefs' report.

Sian Porter, our registered dietician looked at family favourite recipes from some of the nation's top chefs and measured the saturated fat content in single portions. A spectrum of chefs were scrutinised and recipes were chosen for being British favourites which were likely to be cooked for the family as part of a normal weekday evening meal. The results were quite shocking with some chef's dishes containing more than 200% of a day's allowance for saturated fat in a single portion. Sian then worked closely with a home economist to identify easy changes to the recipe which would slash the saturated fat content without negatively affecting the flavour, structure and overall tasty experience.

Three dishes were then blind-tested with a room full of journalists at a central London venue.

Jean Christophe Novelli's Honey roast pumpkin soup

Phil Vickery's Tasty cottage pie with aubergines and spicy herb topping

Gordon Ramsay's Sticky toffee and chocolate pudding



Sian



Chris



Amanda



Anne



Paul



Sarah

Contents

- [The guilty secret of celebrity chefs](#)
- [Fat vote](#)
- [Cooking tips to slash saturated fat](#)

- Honey roast pumpkin soup - ↓80%
- Tasty cottage pie with aubergines and spicy herb topping - ↓54%
- Sticky toffee and chocolate pudding - ↓65%

Although some journalists were able to identify which was the original chef's recipe, many could not tell the difference and a considerable number actually preferred the lower sat fat option. All agreed that any minor taste differences were worth it for the major reduction in saturated fat content.

The Guilty Secret of Celebrity Chefs

Celebrity chefs are incredibly influential in the UK when it comes to food. Millions of people tune in to television and radio programmes or rush out to buy the latest cookbook, but 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 the calorie and fat-laden dishes. Most of us are eating too much saturated fat and eating dishes like these too often don't help the problem. Official health advice is that we need to cut our saturated fat intake by about 20% and tweaking recipes like these can help substantially to cut down our intake.

With this in mind we decided to investigate more thoroughly the contents of everyday family dishes in some of our best loved celebrity chefs' cookery books. The possible health implications of eating sat fat laden dishes are clear so we wanted to show that, by making simple switches, the dishes could be easily altered to slash the saturated fat content without ruining the delicious flavour and texture.

The resulting report analysed the saturated fat content of a variety of starters, main courses, side orders and desserts and discovered that many celebrity chefs' recipes contained more than 100% of the Guideline Daily Amount (GDA) of saturated fat (30g for men and 20g for women) in a single serving. Whilst this would be acceptable if they were consumed occasionally or as a treat, few people realise the health implications of eating these meals as they stand often.

Recipe	Chef	Before		After		% Reduction
		g sat fat per portion	% of GDA	g sat fat per portion	% of GDA	
Raspberry Cranachan	Rick Stein	25	125	1	5	96 300ml double cream switched for 300ml 3% fat Greek yoghurt
Rhubarb and Ginger Crumble	John Burton Race	16	80	4	20	75 125g salted butter switched for 125g vegetable oil spread 59% fat
Parsnip and Haddock Soup	Giorgio and Tony Locatelli	12	60	1	5	92 25g butter and 150ml double cream switched for 25g sunflower

						oil spread 59% fat
Egg and Bacon Pie	Nigella Lawson	16.8	84	4.8	24	71 60g trex and 60g butter switched for 30g white Flora and 30g Flora Buttery

One of the recipes analysed was a honey roast pumpkin soup from Jean-Christophe Novelli. In its original format a single serving contained over 43g of saturated fat per serving - a staggering 216% of a woman's GDA. By simply switching the full fat crème fraiche for half fat, cutting the cheese content in half and swapping the double cream for a handful of almonds ground up to provide the same creamy texture, the saturated fat content was slashed to 8.8g per portion - a more reasonable 44% of a woman's GDA.

Another of the dishes analysed was Gordon Ramsay's sticky toffee and chocolate pudding. Again by making simple switches - butter for 59% fat sunflower spread and double cream for single - the saturated fat of this dish was significantly reduced from 116% of a woman's GDA down to 40%.

Both of these dishes were involved in a blind taste test carried out with a group of food and nutrition writers, many of whom were sceptical that by cutting the sat fat content taste would not be affected. To their surprise no consensus could be reached, and often the 'low fat' version of the dishes came out on top; proof positive that lowering saturated fat does not equal poor flavour.

Fat Vote

Using 1% milk instead of whole milk will cut your saturated fat intake by how much?

- [- Nearly 75%](#)
- [- Nearly 50%](#)
- [- Nearly 25%](#)

Cooking tips to slash saturated fat

- Wherever possible grill meat instead of frying it and cut any visible fat off and remove skin off before cooking (the fat is the white bit).
- Use a non-stick pan and non-stick aluminium foil to avoid adding fat. If you need to add a liquid oil, use an oil spray filled with unsaturated oil or measure the oil using a spoon, rather than just 'glugging' it into the pan.
- Make mashed potato with low fat spread and semi-skimmed milk.
- Choose lean cuts of meat and trim off any visible fat. Have chicken or turkey without the skin. Cut right back on processed meats such as spam, salami and corned beef and meat pies, sausage rolls and breaded meat or chicken. Fish tends to be low in saturated fat too - unless it's deep-fried or in a rich, creamy sauce of course!
- Add less meat to stews and casseroles and replace with vegetables, beans and pulses.
- Have pies with only one crust rather than two - either a lid or a base - because pastry is very high in saturated fat.
- Choose lower fat versions of dairy produce such as skimmed, 1% or semi-skimmed milk, reduced fat yogurt, lower fat cheeses (e.g. cottage cheese and fromage frais) or strong tasting cheese so you don't need to use so much.

- Use unsaturated oils such as olive, sunflower or rapeseed oils instead of butter, lard and ghee in cooking.

Newsletter design by [Nixon McInnes](#), Brighton

Copyright © The Fat Panel 2008

The Fat Panel is comprised of independent experts in their fields and currently receives an unrestricted educational grant from the Margarine and Spreads Association.

--

[Click this link to unsubscribe.](#)

{-id=B1010369740022&languageCode=en_GB.ISO8859-15~}