

p.14	Foreword
p.16	Introduction
p.27	Guinness Bread
p.41	Breakfast
p.65	Snacks
p.93	Salads & Soups
p.117	Pasta
p.137	Meat & Fish Starters
p.153	Fish
p.169	Meat
p.187	Desserts
p.213	Essentials
p.231	The Team & Suppliers
p.243	Index