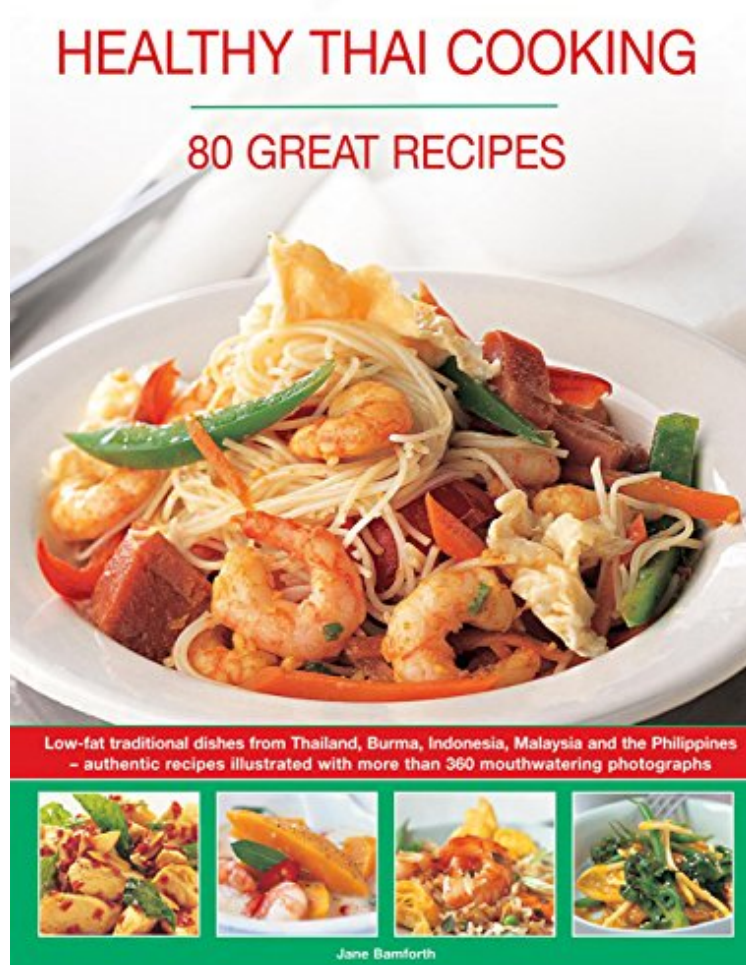


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About the Author Jane Bamforth has been a freelance food consultant for many years, working for Waitrose, Tesco and the BBC, developing, writing and testing recipes and editing cookbooks.