

Pickard Communication
October 2007

Sharpe Chefs

Further Information

The Sharpe Chefs

A group of women from all around the world have compiled a cookery book in aid of osteoporosis. As a group, they now call themselves 'The Sharpe Chefs'. The Sharpe Chefs initially got together as admirers of Sean Bean and his work. They wanted to find a way to 'thank him' as they are now all firm friends. So, they decided to raise money for one of his charities. The women decided to compile a charity recipe book as they have a wealth of international cooking traditions to share.

All royalties for Sharpe Chefs are being donated to the National Osteoporosis Society (NOS). Contributors will not make any money from the book whatsoever. The Sharpe Chefs chose to write the book to benefit the NOS as Sean is a patron of the charity. The Sharpe Chefs also chose the NOS as they have no other similar projects to support them. All the Sharpe Chefs are women and so felt that the work of the NOS is vital as osteoporosis is a disease that affects one in two women (as well as one in five men).

The Sharpe Chefs come from all over the world, from Essex to Tasmania and everywhere in between:

Adele James	Essex, UK
Anne Reardon	Tasmania, Australia
Beanie006	Kentucky, USA
Beth McMillen (Bladeswench)	Palm Bay, Florida, USA
Canterburybelle	Kent, UK
Carol	Wales
Catherine B. Merryweather	The Deep South, USA
Catherine Windsor	North Carolina, USA
Deanne Lister	London, UK
Emma	Germany
Gabriele Binz	Germany
Huiling Gan	Atlanta, Georgia, USA
Jenn Bryant	Connecticut, USA
Julia	New York, USA
KB Smith	Iowa, USA
Kit	Connecticut, USA
Melise Leech	Las Vegas, Nevada, USA
Muzzick	Norfolk, UK
Nancy Ellis	Alabama, USA
Patsy	Alberta, Canada

Pudge	Phoenix, Arizona, USA
Sable Crow	Oklahoma, USA
Shirley Johnston	Las Vegas, Nevada, USA
Sigrid Londynsky	Norfolk, Virginia, USA
Sue Harris	Sutton, UK
Teri Cilurso	California, USA

The Sharpe Chefs can all be contacted for interviews or for more information through their publisher, Pickard Communication.

Sean Bean

The inspiration for the book and the Sharpe Chefs' friendships, actor Sean Bean is famous for his role as Richard Sharpe in the television series as well as his roles in major Hollywood films such as Lord of the Rings and Goldeneye. Sean gives an introduction to the book telling readers "I hope you enjoy the book and while you are trying some recipes, you will know that you have helped give something towards a very worthwhile charity".

Bernard Cornwell

The popular author of all of the twenty one (so far) Sharpe books gives a foreword to the Sharpe Chefs recipe book. He talks about the eating habits of Sharpe saying, "being a very English Englishman, he had a passion for roast beef." He also talks of his own cooking habits and also his support for the cookbook which "combines usefulness with support for a truly deserving cause". Cornwell hopes that readers will enjoy trying the "splendid recipes in this equally splendid cookbook!"

Bernard Cornwell has also contributed two recipes to the book from Richard Sharpe himself, which are 'Lucille's leg of Lamb' and the less appetising 'Sharpe's Leg of Cheval', which is the only thing that Sharpe has ever cooked in the series. Cornwell recommends that "any adventurous chef try it", although the ingredients list which includes one dead French cavalry horse may be somewhat tricky to track down! To find out more about Bernard Cornwell please visit www.bernardcornwell.net

Contributors

As well as recipes from the Sharpe Chefs, the book contains recipes contributed by the actors who played Sharpe's 'Chosen Men' within the TV series and members of the crew. These include a recipe for Steak and Guinness pie by Daragh O'Malley who played Sharpe's loyal companion Harper and a recipe for Chicken and Apricots in Armagnac from Malcolm Craddock producer of the television series.

The Book

The Sharpe Chefs book contains full colour photographs of all the recipes as well as pictures from the Sharpe television series. All recipes are based upon the Sharpe character and include everything from 'Sharpe Shooter's Poacher's Stew' to 'Cooper's Sweet Fried Catfish'. The recipe book includes sections on Starters and Appetisers, Salads, Soups and Eggs, Main Courses, Pasta, Fish, Chicken, Pork, Beef and other mains, Bread and Desserts, all with clear step by step instructions.

Sharpe Chefs, however is more than just a recipe book. It also contains lots of fascinating historical information found in notes accompanying the recipes. There are sections dedicated to 'Cauldron Cooking' and 'Sharpe's Rations: Feast and Famine in Regency England' describing what eating would have been like for Sharpe and his men. The National Osteoporosis Society also makes contributions to the book (see below).

National Osteoporosis Society

The National Osteoporosis Society (NOS) is the only national charity dedicated to improving the prevention, diagnosis, and treatment of this fragile bone disease. In the United Kingdom, one in two women and one in five men will break a bone, mainly because of osteoporosis. The NOS provides help, information and support for people living with osteoporosis. They also work with the government and health services to influence them to deliver appropriate services to prevent and treat broken bones as well as funding scientific research into cures for osteoporosis. The NOS also works closely with osteoporosis societies in over 30 countries, working to help osteoporosis sufferers on a global scale.

Within Sharpe Chefs, the NOS provides lots of information about the disease and advice on how to prevent it. There is a section on from the NOS giving advice on lifestyle and dietary habits that can prevent osteoporosis. There is also information about osteoporosis throughout the book, accompanying the recipes. For more information about osteoporosis and the work of the NOS please visit www.nos.org.uk or for any media enquiries contact the NOS direct on K.Brown@nos.org.uk or s.hanna@nos.org.uk.

For more information please contact Deborah Miskell at Pickard Communication on 0114 275 7222 or deborah.miskell@pickardcommunication.co.uk