



## A STAR-STUDDED MENU AND MEMOIR

Some of Britain's best chefs, including **Gary Rhodes** and **Gordon Ramsay**, have contributed to *Food for Thought* by David Croft, both a cookbook and life story

When 21-year-old David went for a dive while working on the island of Bermuda, he had no idea that it would change his life. An accident paralysed the chef and 2nd Dan karate black belt from the shoulders down – on the same day that he was informed he would compete in the 1980 world karate championships and inaugural world games.

David, who had previously worked at the Savoy and Churchill hotels in London, is telling his life story in *Food for Thought*. The book documents the highs and lows of his life, often in a humorous manner, and has a recipe section at the back which some of the best chefs in Britain have contributed to. **Gary Rhodes**, **Marco Pierre White**, **Gordon Ramsay** and **Gino D'Acampo**, amongst others, have added their delicious recipes that are accompanied by mouthwatering pictures.

*Food for Thought* will show, in the face of much adversity, how David rebuilt his life in a way he never thought possible after his accident. In a 'Dinner Party' section of the book, he also highlights the achievements of 10 other sporting tetraplegics, some of whom lead extremely remarkable lives despite being paralysed, with each choosing their ideal guests for a dinner party. The book will also educate the hospitality industry about catering for disabled diners leading up to the 2012 Olympics and in the future. Ticky Donovan OBE 9th Dan wrote a foreword for the book, with the celebrity chef Brian Turner CBE providing an afterword.

"I wished to show others that, despite suffering a spinal injury, a good life can still be achieved if you have the right care and support. Likewise, I wanted to highlight the achievements of other sports tetraplegics some of whom lead incredible lives despite being paralysed. In turn I wanted to help two charities while educating chefs and others as to the best ways to cater for disabled people in the future," says David regarding his motivation to publish the book. *Food for Thought* is also supporting **Hospitality Action** (registered charity number 1101083) and **Regain – The Trust for Sport Tetraplegics** (registered charity number 1030693).

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