

**BIOGRAPHY****Liz Trigg**

Liz Trigg is a creative cook, food writer and food consultant. Liz is often labelled as the 'the food conscience' of any food business she works with, for her creative and independent food approach, where she acts as a food trend leader, innovator and communicator.

She began her career as Head Cook for the Orient Express and soon became a food editor in magazines as Woman and Home, Good Housekeeping, Company and Options. Liz has also written several cookery books including *50 Sensational Stir Fries*, *50 Fabulous Fish Recipes*, *Glorious Country*, *British Country Cooking*, *A Flash in the Pan*, *The London Cookbook*, *Weight Watchers Pizza and Pasta book*, and *Asda Favourites Cookbook*.

She presented a series of features about planning party food on ITV's This Morning, presented 60 programmes on BSkyB's *Goodlife Gourmet* and co-presented DVD *The Mediterranean Diet* with nutritionist Amanda Ursell.

Her food consultancy FOODING, set up in 2000, created the 'Asda Academy of Food Skills', acted as a food mentor to H J Heinz Ltd, created a culinary academy for M&S PLC food division, helped develop Morrisons craft skills programme and acted as a food communication consultant to Booths Supermarkets. She recently orchestrated the hugely successful tie up between Leith's School of Food and Wine with Asda supermarkets.

Liz also now works very closely with M&S PLC in developing creativity in their fashion and home divisions.

**For full details visit us at: [www.limelightmanagement.com](http://www.limelightmanagement.com)**

**To make any enquiries please mail us:**

**[mail@limelightmanagement.com](mailto:mail@limelightmanagement.com)**