

Gaz Oakley

Author

Gaz Oakley is classically trained chef originating from Cardiff, Wales.

Gaz developed a passion for cooking at an early age, influenced by his father's culinary skills. By the age of 15, he was already working in professional kitchens, gaining valuable experience and honing his craft.

After many years working in top restaurants & a sabbatical from the industry and a few health issues, he made a big change to adopt a plant based lifestyle. With this new lifestyle, his passion for cooking exploded again.



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Publications

Non-Fiction

Publication Details	Notes
VEGAN CHRISTMAS 2019 Quadrille	Vegans and vegetarians everywhere will have the best holiday period ever with Gaz Oakley's fantastic alternatives to the trad turkey and trimmings. Gaz is an expert in bold flavours and textures, so everyone can enjoy a spectacular centrepiece and amazing food throughout the festive season.
VEGAN 100 2018 Quadrille	The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on FLAVOUR. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse Cake, it's all incredible-tasting food that just happens to be vegan. Delectable, beautiful and packed with dishes that are good for you, this is like no other vegan cookbook.

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PLANTS ONLY KITCHEN 2020 Quadrille	Plants-Only Kitchen offers an explosion of flavor, with more than 70 vegan recipes that work around your lifestyle. With symbols flagging whether recipes are high-protein, take less than 15 minutes, or are suitable for meal prep and batch cooking, Plants-Only Kitchen explains how best to make a vegan diet work for you. No fuss, no fancy ingredients – just fantastic food using plants, only.
