

Tom Kerridge has revealed he would 'drink beer in the shower' at the height of his alcohol addiction before the fear of being dead by his 50th birthday made him go teetotal. The chef, 50, tipped the scales at 30st by the age of 40 and has now shed 12st through diet and exercise after quitting the booze. Tom, whose TV credits include MasterChef and The Great British Menu, gained a second Michelin star in 2012 for his gastropub and told of how alcohol became his 'release' from the pressures of his work. Speaking to Jake Humphrey and Prof.

Damian Hughes on the High Performance podcast he revealed he would make his way through 16 pints of beer or larger, two pints of cocktail and half a bottle of gin, a night. The restaurateur later admitted his 'addiction' became so bad he couldn't even drink non-alcoholic beers without drinking 'eight of them in 20 minutes.' Tom Kerridge has revealed he would 'drink beer in the shower' at the height of his bingeing before the fear of being dead by his 50th birthday made him go teetotal. The chef, 50, tipped the scales at 30st by the age of 40 and has now shed 12st through diet and exercise after quitting the booze (pictured in 2013). He explained: 'I never drank during the day until the last main course had gone.

Then get a round of beers. 'I would probably drink a pint of Negroni. I would probably do two. Then maybe six pints of Stella, six pints of lager, then there was a pub down the road that would be open until late, [Thanh lý chiếu ngựa](#) one or two in the morning. 'So we'd get all the kitchen out and [Sập gỗ nguyên khối gỗ đỏ](#) then I could easily do another six to eight bottles of Grolsch, but the pint-sized ones, [web site](#) or pints of lager. 'I'd go home and I'd do a gin and tonic, but it would be a pint glass filled with ice and I'd pour the gin all the way to the top.

And then I'd top it off with tonic. 'I could do half a bottle of gin, 12 to 16 lagers, two massive Negronis every day. And that would be every day. And then some days it would be more.' Tom revealed that he would also drink on his days off, getting ready to go out in the evening by having a beer in the shower. 'I'd go home and I'd be drinking lager in the shower as I was getting washed to go out.

It was next level, like it was beyond, it was massive. I was just trying to release the energy and the levels of pressure,' he continued. He only stopped when he realised he 'needed to change' for fear of not seeing his 50th birthday. Tom gained a second Michelin star in 2012 for his [gastropub](#) and told of how alcohol became his 'release' from the pressure of his work (pictured in September 2023). Speaking on the High Performance podcast he revealed he would make his way through 16 pints of beer or larger, two pints of [cocktail](#) and half a bottle of gin, a night (pictured in 2010). However, after quitting booze completely, one of the scariest moments of being a non-drinker came two and a half years into being teetotal when he tried a non-alcoholic beer.

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