

Cookery Compendium



A collection of techniques, ideas and data to inspire adventure in cooking.

It does not intentionally provide complete step by step recipes. For that see companion volume *Carefree Cooking*. © denotes a recipe there.

A denotes an affinity with other ingredients

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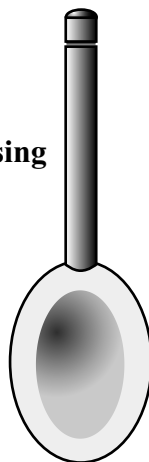
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1. Methods

From a scientific viewpoint, food preparation combines mechanical processing and heating. Mechanical processing removes undesirable matter, cuts food into manageable pieces and mixes to attain desired taste, visual attractiveness, texture and moisture. Heating improves digestibility, flavour, appearance and texture.

Heat can be applied by radiation or by conduction through a container, hot oil, or boiling water or steam and (except microwave) works from the outside in. The aim is to produce appropriate crispness or browning at the surface when the middle is just cooked through without burning, curdling, drying or toughening. Unless stated always bring food up to room temperature before cooking to reduce the chances of curdling or incomplete cooking. Start timing only when the heating medium (oven, water, etc.) is up to temperature.



Cooking by water or steam

These techniques avoid drying out or burning, but never brown.

Poaching is heating on the hob (or in slow oven) immersed in just enough flavoured aqueous liquid to cover (water, milk or whatever) at a little below boiling point to minimise agitation but hot enough to kill bacteria. The poaching liquor is retained for use in accompanying sauce. The food is often introduced before the liquid is heated and may be left in to cool.

When heating is carried out at **just** boiling point with minimum agitation it is called **simmering** or **stewing**. Stewing implies that the cooking liquids are an integral part of the dish.

Boiling is used when the boiling medium is subsequently thrown away. The water is brought to a fast boil, then reduced to a simmer to minimise agitation which might cause damage or leaching. Timing is from this point. Part cooking for completion by another process, is termed **par-boiling**. **Blanching** is plunging into boiling water for a yet

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shorter time, to remove harsh flavours, stabilise surfaces or colour, or before freezing. Arrest par-boiling & blanching by immersion in plenty of cold water.

Dry Steaming/Double Boiling is heating over boiling water on a covered plate or in a double boiler (**bain-Marie**). It is for delicate foods, sauces with egg or for reheating without burning. If the water touches the food container it is double boiling and the heat transfer is faster and less controllable.

(Wet) Steaming is suspension in a slotted receptacle over boiling water, so the steam condenses on the food, heating it. It extracts less vitamins etc. than boiling.

Cooking in an Enclosed Pot

These methods involve cooking with differing levels of liquid in a *heavy enclosed pot* to maintain a moist atmosphere, on the hob or in the oven (140 to 180°C). The various degrees of exposure to the moist atmosphere over the liquid implied by the techniques give different results, especially in the oven at higher heat. The main ingredients may be browned first to enhance flavour and colour. Blanching may be substituted in white dishes to avoid colouration. Liquids & flavourings should complement the main ingredients and can include wine, beer, vinegar, stock, stock vegetables, tomatoes and any herb or spice. The juices can be reduced by removing lid at end of cooking or by fast reduction separately. Repeated moistening and reducing is used in Indian **kormas** to break up vegetables to a thick sauce.

Where long cooking is involved, the flavouring vegetables (*mirepoix*) can be removed after surrendering their flavours. Other vegetables can be added part way through (allow for reheating time), for serving with the dish or separately.

In **pot roasting**, the food may be almost dry, suspended over a little liquid, but tougher cuts are more of a braise. The juices and flavourings are strained and converted to a sauce after cooking. **Stoving** is slow cooking with a little oil in an enclosed pan - if much water is generated it becomes a braise. In **braising** the food is partially immersed in liquid and flavourings, often strained afterwards and served as an

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accompanying sauce. In **stewing** and **casseroles** the food is cut in pieces or portions and submerged in liquid rather like poaching. The liquids and vegetables are an integral part of the dish.

Baking, Roasting, Flash Roasting

Involve open cooking in an oven. The rate depends on temperature, nature of food surface, type of container and shape/thickness of the food. Wet surfaces remain cool through evaporation, dry or oily surfaces get hotter, cook through and brown faster. Temperatures can be adjusted within limits to allow batch cooking but times need corresponding adjustment and a greater allowance is required to establish oven temperature. Key limitations arise when cooking custards, browning or using baking powder. **Roasting** implies basting with fat during cooking and periodic turning to expose all sides. Use a shallow dish to allow maximum contact between the air and food surface for browning. Evaporation causes a gradual drying out which can be reduced by covering with foil. **Flash Roasting** is very high temperature roasting of small pieces such as chicken joints to attain a crisp exterior within a short cooking time. Items are usually brushed with oil and flavourings and may be wrapped loosely in foil to reduce evaporation further. Items can be placed directly in liquid which includes flavourings (**arista** - on a rack) or in a sauce (**gratin**).

In **baking** a steady temperature is important whenever using a raising agent such as baking powder or beaten egg. It must be cooked enough to “set” the structure supporting the expanded air bubbles before removing from the oven or collapse will occur as the air cools.

When **baking in a Bain-Marie**, oven heat to the base and sides is restricted by surrounding the open pot with hot or cold water. Most heat is applied through the top and allows browning of the surface while the rest cooks at a reduced rate.

Grilling, Barbecuing, Dry Frying

Cook tender cuts fast by direct radiation or conduction for a tasty brown crust while leaving the inside succulent. Always get the grill, barbecue, or ribbed dry-fry pan up to desired temperature before

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introducing food. Only heat a grill pan if cooking one side only. Remove ingredients from refrigerator 2 h in advance unless grilling from frozen. Marinate meats. If grilling, oil the rack and line the pan with foil, or cover the pan base in a poaching liquid. Grill 4” below heat unless otherwise advised. If dry-frying, oil the food not the pan and ensure the food is flat. Turn rarely. Baste with juices/marinade to moisten and add flavour. Time relates to thickness; if over browning lower heat. Test initially with finger, then by inserting a skewer.

Shallow Frying

Cook on the hob in an open pan with a little oil or fat. The fat enables hotter cooking than water, so the outside gets crisp and brown. The fat contributes to flavour - dripping, olive oil and clarified butter are better than cooking oils or lard. Always get the fat to temperature before adding food. When **Pan Frying, Charring**, turn the food no more than required to ensure both sides are evenly cooked. In **sautéing**, all the ingredients are cut in small pieces, and cooked quickly. The ingredients are rapidly moved around in the pan, either by the use of a utensil, or by repeatedly jerking the pan itself. Allowing vegetables to char by less frequent turning introduces a pleasant, nutty taste if not overdone.

Some wet foods need sealing with breadcrumbs or batter to prevent sticking - gently ease from pan surface when protective layer has had time to dry. Sautéing is sometimes combined with prior parboiling or subsequent braising (cover, moisten and reduce heat) to soften.

Incorporate cooking juices into a sauce (integral, pour over on serving dish or hand separately) by adding wine, soy sauce, sherry, cream toward end of cooking or deglaze pan. Thicken by reduction, thick cream or prior dusting of flour/cornflour.

Stir frying resembles sautéing but is hotter and involves continually stirring small robust pieces on all sides in little very hot fat. It is usually in a steeper sided pot such as a wok. Food size is small so the middle cooks by the time the surface is brown. Key ingredients may be first marinated and/or dusted in cornflour. Add items according to required cooking time. A little liquid (e.g. soy sauce and sherry) or marinade is added a little before completion and reduces to an integral sauce.

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Deep Frying

The best method for a crisp brown exterior, fast and almost foolproof (if oil is at temperature) the problem is maintaining the oil. The same oil even when filtered cannot be used for cooking different foods because the oil transfers the flavour. Oil can become stale. Deep frying is best left to the restaurant.

Browning

Enhances flavour and appearance. There is no evidence that it seals in moisture. Heat a wide pan and pan fry steadily in hot fat or roast above 220°C, turning occasionally. It is essential to keep the fat temperature high enough to boil off any water-based juices which would otherwise turn the process into stewing, yet not so high as to burn. If this happens and contents are simmering, strain the solids, wipe out the pan and start again. Don't crowd the pan, especially when browning meat, so moisture has room to evaporate and don't turn pieces too soon or more juices will flow. To brown minced food, form into a cake and brown both sides, then gradually cut into smaller pieces as browning occurs.

Deglazing

Heat and stir while adding a little liquid (wine, lemon juice, vinegar, stock) to dissolve the brownings accumulating on a cooking dish to form a sauce (gravy). Don't swamp. First pour off any fat. A little flour may be dusted in for a thicker sauce but then the sauce must be cooked to convert the flour taste.

Sterilising

Sterilise jars and tops for preserves in oven at 190°C for at least 5 minutes after thorough washing.

Adding mixtures at different temperatures

Add the least sensitive to the most sensitive a little at a time to minimise the shock and risk of curdling or separating - cream, melted chocolate and eggs are sensitive.

Clarifying Butter

Melt butter in a pan gently; pour off leaving the solids behind. These

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solids can be fried gently and mixed with a little lemon juice to form beurre noisette or added to the dish when there is no longer any chance of burning.

Pressure Cooking

When cooking green vegetables bring the water to a fast boil before adding the vegetables, in order to preserve colour.

Ensure enough liquid is included. Time from start of steady hiss all vegetables 4 minutes unless otherwise indicated; fast cooking vegetables are best cooked traditionally. Pulses should be pre-soaked. Soups should be prepared as normal.

Slow Cooking

It is important to get food up to temperature fast. Ideal temperature for slow cooking is 83- 91 °C. Timing is not critical and assumes any browning operations have already been done. If using electric casserole, start on fast setting. Most recipes benefit from cooking up to 8 hours but fish and eggs (except in a custard) need only 1-5 hours according to temperature.

Casseroles & Soups: Brown onions, meat etc. first as normal

Roasts: Give 30 minutes at 200 °C to brown and kill bacteria - an oven thermometer is essential for ensuring meat is fully cooked. Put on a rack in the tin and wrap with foil. It may be necessary to remove and return to a hot oven to complete browning.

Vegetables:

Green vegetables benefit from fast cooking and are unsuitable.

Buttered carrots - slice and moisten with a little milk & butter

Creamed parsnips, turnips, swede - blanch sliced vegetables in 5 flos stock or water per lb veg. for 5 min. Strain liquid and use to make a veloute using ½ oz. butter and 2 tsp flour. Recombine and cook.

Braised cabbage - scald the cabbage and start off as normal on the hob before transferring covered to oven

Mushrooms - wash and cook with knob of butter

Pulses - pre-soak, change liquor and bring to boil.

Crumble and rice puddings can be made - bring rice to the boil first.

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Microwave Cooking

Microwave cooking is beneficial for precooking, reheating and defrosting, reducing conventional cooking times, for jams and sauces, sponge or suet puddings. Can be used effectively for steaming, poaching and boiling in very little water.

Speed is often faster than conventional means but not always. It is so fast that food can be done in batches.

Advantages arise from not having to heat the oven or container, and from the burning-free method of heat transfer.

Speed arises when there is evenly distributed moisture without too high a moisture content. A high surface area also helps.

Baking is often effective where browning is not required. Browning requires the oven to have an additional conventional element.

Do not use where slow cooking is essential, or for pies where fruit cannot be stirred.

Only use for defrosting where you don't have time for natural defrosting, and defrost just before use.

Does & Don'ts

Do arrange items around the edge and not in centre

Do stir or rearrange frequently

Do adjust times according to amount in oven

Do cover unless dry surface desired

Do place on trivet if dry surface required

Do check frequently

Do prick large objects with skins

Don't use metal objects except where directed

Don't use cling film if you can avoid it

Don't put different sized objects in at same time

Adjusting times for different weights and powers

Increasing weight 50% - increase time 33%

Increasing weight 100% - increase time 50%

Halving weight - reduce time by 1 third

Flat objects take less time than fat ones.

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Non-heat Treatments

Soaking, Salting, Brining, Marinating, Pickling

Soaking softens fibres - see pulses. Aubergines, courgettes, cucumbers are salted (de-gorged). Salt alone or in strong solution extracts water by osmosis, simultaneously removing bitterness and firming the flesh. Slice the vegetables, put in a colander from which the bitter juices can drain and rub with plenty of sea salt. Leave weighted by a plate for an hour (turn occasionally). Then wash and dry to remove salt. **Brining** white meats and poultry improves texture and flavour - dissolve 3 oz sea salt/pint water and cover a few hours before roasting. **Marinating** adds flavour, lubricates, tenderises (some say), and temporarily preserves meats, poultry, fish or vegetables. For typical marinades including acid, oil, salt and flavourings see section 2. Don't obliterate the original flavour. A marinade with acid or salt can also pickle fish (e.g. Gravlax, Seviche). The process can take from 4 h for thin strips to 48 h for large fillets. Cover and refrigerate, turning every few hours. Vegetables may be blanched, salted or brined for 24 h for preserving in spiced vinegar. Cabbage needs only salting as it ferments to form its vinegar. Olives are soaked, brined and optionally finished in oil and flavourings. A **chutney** is made by simmering a mix of vegetables with onions, brown sugar, & spices in vinegar for about 3 h until the vinegar is all but absorbed. Remove scum after 5 min. Typical ingredients: 4 lb fresh fruit/veg, 1 lb dried, 1-2 lb brown sugar depending on sweetness of fruit, 1 lb onions, 2 cloves garlic, 2-4 oz spices, 1 tbsp salt, 1-2 pt malt vinegar depending on fruit etc.

Comminution: Chopping, Mashing, Grinding, Liquidising

Chopping or cutting reduces overall size to speed cooking, improve appearance or reduce grain hence toughness. Cut across the grain into equal sized pieces, using a sharp knife to avoid damaging the texture. Mashing and liquidising destroy texture. Food processors also and should not be used where texture is important.

Planning

Buy best available fresh produce before fixing menu. Ensure only one

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dish per course needs last minute close attention, preferably only for one course. Use pre-preparation techniques if necessary. Write out a cooking schedule if entertaining.

Combining Foods

Flavour - types are sweet (tip of tongue), sour (middle), bitter (back) and salt (sides), umami (tongue generally). Also metallic.

Sour in moderation combines well with the others to give depth of taste. Bitter also combines with sweet. Sweet and salt counteract each other but a little of the other lends depth. Sweet and bitterness vary with temperature. Umami 'rounds' flavours and reduces need for salt.

Sweet:	Sugar, honey, much dried fruit, ripe fruit, molasses, maple syrup
Sour:	citrus, cooking apples, vinegar & pickles, rhubarb, yoghurt, sour cream
Bitter:	tea, coffee, brownings, cocoa powder, sage, thyme, rosemary, angostura
Salt:	olives, soy sauce, yeast extract, bacon, anchovies
Umami:	fish, shellfish, cured meats & extracts, mushrooms, ripe tomatoes, spinach, celery, green tea, cheeses, soy sauce, yeast extracts

Texture - contrast soft, crunchy, creamy and crisp, liquid and dry between courses if not within a course.

Temperature - vary between courses; cold, warm or hot but be careful when mixing within a course (hot chocolate sauce on ice cream, yes; cold gravy on hot meat, no)

Colours - a dish should be predominantly of all the same colour type (say shades of green), or a balance of contrasting colours (say a red, a green and a yellow). Neutral colours can also be included. Avoid muddy effect. The same applies for combining dishes into courses.

Content - Balance is the key. Nowadays shellfish, fish, savoury eggs and cheese, poultry, meat, dessert, cheese board tend to predominate in a maximum of one dish and one course only. Raw and cooked vegetables can predominate in several. There should be only one heavy course, at least one green vegetable and cereal. Fatty courses /dishes

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should be balanced with relatively fat free ones.

Combining for Nutrition

No one group provides all needs. To be safe it is best to consume a wide variety of foodstuffs and to include a few from the list of star foods - see Appendix 2. Include regular helpings of green vegetables, dried figs, prunes & apricots, carrots, spinach & watercress, nuts & seeds, wheat germ, eggs, chickpeas, cheese, milk, oatmeal, peas, broad beans, tuna, prawns, mackerel. Minimise animal/hydrogenated/palm fats and refined sugar and keep salt to a reasonable level. Minimise ready-made pies, puddings, cakes and pastries.

The main meal should provide half the protein, which should come from at least two sources. Two other meals provide 25% each. Include 2 or more lightly cooked fresh vegetables at one meal (one green), and eat 3 pieces fresh fruit daily including a citrus. For snacks eat dried fruits, nuts, whole-wheat rolls, raw vegetables etc.

● Combining Diets

Some diets are based on keeping apart foods that "fight" by consuming them in separate meals. These include the Hay diet (starches & proteins) and the Montignac diet (starches & fatty acids).

Special Diets

● **Cœliac** - no gluten, avoid wheat, barley, oats*, rye. Rice and corn are OK but beware products like baking powder, cornflour which often have wheat in them. Malt usually contains barley. [*oats contain avenin] Use rice, potato and soya flours and ground almonds (see Ceda cake)

● **Low fat** - for hepatitis - no frying or cooking with fat. Avoid avocados, olives, fats, fat meat or milk, cheese, cream, chocolate, cakes, pies, pastries, puddings, sauces except purées.

● **Diabetic** - controlled carbohydrate, avoid sugar, thickeners; control bread, breakfast cereals, biscuits, cakes and pastry, pasta, rice, potatoes, potatoes, beetroot, carrots, onions, parsnips, peas.

● **Low sodium** - avoid the following: milk drink powders, savoury biscuits, bread, cakes, puddings, cereals, some pasta, most fish esp. tinned, cheese, cured tinned or prepared meats, milk, preserves, soups, stocks, salted nuts, yeast extract, cooking in salted water.

2. Advance Preparation

Advance preparation, when possible, avoids the need to concentrate on too many things at once and when entertaining guests frees up time for them. Also allows difficult operations to be scheduled before having that first drink.

The skill in advance preparation is to avoid any deterioration which might be caused by time, exposure or changes in temperature. The key is to identify risky components, store them separately if necessary and combine before final cooking and serving. Cool quickly after advance cooking to avoid overcooking and store appropriately, usually covered and chilled.

Situations to avoid

Drying out /moisture absorption

Drying out or moisture absorption is easily prevented by covering, either in a tin or with cling film. However foods containing a dry constituent such as pastry and a moist filling have the problem that moisture can gradually transfer from the filling to the pastry. In this case avoid direct transfer by a barrier (see baking blind, brushing with egg white) and partially cover only.

Surface Congealing

Particularly important for sauces and soups. Prepare the sauce in advance but store separately in a tall sided covered container. Cover bechamels with a film of appropriate fat. Cool and cover with a layer of cling film.

Colour Change

Applies to some fruit, vegetables. Vegetables which discolour without an acid environment can be sprinkled with lemon juice and stored cool in a sealed plastic container. Keep separate as the acid may attack other ingredients. Cut after storage to minimise surface area during storage. Green vegetables will keep their colour once blanched and refreshed.

Advance Preparation 2.2

Acid Attack

Avoid unintentional marinating by adding acidic dressings just before serving. Make the dressing in advance but store, covered, separately. Particularly relevant to salads and vinaigrette dressings. Store prepared uncooked fruit such as fruit salad dry. Add syrup one hour or so before serving.

Curdling and Settling Out

Curdling should not happen as a result of storage but may occur during reheating. Take the normal precautions against curdling when using dairy products, and heat separately. Most forms of settling out can be corrected by a good stir, however colloidal suspensions may require a good shake so store them separately and shake before combining.

Bacteria

Take great care to avoid cross contamination in the first place. Put into appropriate container, chill quickly and refrigerate when cool. Keep raw items separate. If in doubt, bring to a simmer before serving.

Techniques

Soups & Sauces

Keep soups without dairy products covered and refrigerated for up to 2 days and reheat to simmering. Add any fresh cream, sour cream or creme fraiche, egg yolks to heated soup just before serving (add a ladle of the hot soup to the mix before stirring in and reheat to just below boiling point). Garnish before serving. Cream alone can be added to the cold soup before reheating. Always add unstabilised yoghurt to soups just before serving. Croutons can be kept refrigerated several days in a closed container to be reheated in oven or served at room temperature.

Custards and Mousses

Reheat in a bain-Marie - in the oven at 200° 10 minutes for individual moulds, 180° 20 min. for large moulds. If the surface is adequately protected then steam as an alternative.

Quenelles & Gnocchi

Reheat quenelles by poaching carefully 5-8 minutes but always keep gnocchi uncooked until use as they disintegrate easily.

Advance Preparation 2.3

Pastry

Uncooked it can be stored for 3 days in refrigerator in a ball, rolled or better still formed into the flan case. Keep covered with film. Cooked cases can be reheated 180° 10 min. Filled flans can be reheated 180° 15 min. - serve immediately

Gratins

These can be assembled in advance but are best baked when required.

Soufflés

The bechamel and flavourings can be prepared up to a day in advance and the whole thing can be assembled 1-2 h in advance. See also Delia's twice cooked soufflés

Fish

Fish takes so little time to cook it is best not to cook in advance. However the fish can be prepared in advance, in foil or a casserole, several hours before needed. Fish soups and stews can be cooked in advance with the exception of the fish Add the defrosted and pre-prepared fish to the reheated soup and cook through (3-6 minutes) See other recommendations for soups above.

Fish can be cooked up to 24 hours in advance for serving cold or re-warming, if kept well covered.

Pre-cooked fillets of fish (poached or fried) can be rewarmed in a sauce - heat sauce first and barely simmer fish 2 minutes for thin fillets, 4 for thick. Pre-cooking allows the cooking juices to be incorporated into the sauce, deglazing, straining etc. as appropriate.

Meat

Casseroles can be stopped at any point in the cooking after browning and assembly. Bring to a simmer on the hob before completing the cooking time. Fully cooked casseroles - allow 30 minutes at 170 °C. Small cuts can be sautéed and reheated in their deglazed juices in this way.

A boiled joint can be kept warm in hand hot water for up to 60 min. Roast joints can be kept warm for 30 minutes, or can be sliced and reheated in a sauce, 15 -20 minutes, 160-180°. Or part cook the joint,

Advance Preparation 2.4

allow to cool, slice and wrap with foil (optionally with a stuffing) before completing the cooking . E.g. beef fillet 10 minutes at 230° then 15 minutes at 215°.

Grilled meat can be cooked 30 min. ahead and kept in foil in a low oven. Small cuts can be sautéed and reheated in their de-glazed juices, on top or covered with foil in hot oven. From 1 minute for strips beef fillet to 3 minute for duck or chicken.

Vegetables

Blanch and refresh in advance, especially green vegetables to preserve colour.

Reheat in a wok with 3 tbsp wine vinegar, 4 tbsp white wine and 3 tbsp sugar

Or reheat with Bechamel or other sauce as a gratin 25 minutes at 200° Reheat purées with melted butter in a pan approx. 10 minutes stirring occasionally, add cream etc. if desired. A purée can be reheated in a bain-Marie, 30 minutes stirring occasionally or 160-180° 30 minutes optionally strengthened with an egg.

Braised vegetables can be reheated on the hob 5 minutes or in the oven 180°, reducing the liquid if required now or previously.

Vegetable gratin can be preassembled, vegetables which might discolour having been sautéed in butter a few minutes and well coated.

Rice

If made with a little oil or butter (including pilau) then rice can be kept and reheated in oven, 15 minutes 160-180°, or microwave 5 minutes, stirring.

Pancakes

Keep separated by cling-film for up to 3 days refrigerated. They can be filled several hours in advance; roll up and place in a gratin dish, cover and leave at room temperature. Pour over sauce and bake 180° 15-20 minutes before serving or 190° 30 minutes for a filled layer of 8.

Fruit Salads

Fully prepare most fruits, combine dry and keep covered in the refrigerator. Remove 1-2 h before serving and add syrup Add bananas and unpeeled apple family just before serving.

3. Flavourings



Flavour Enhancers

Flavour enhancers may be added to lift a dish, counterbalance or mask other flavours. Below are some of the common ones, grouped by similar flavour.

sage, rosemary, thyme, (lavender)

The aromatic herbs, used since time immemorial. They lift the flavours of meat, potatoes, tomatoes & peppers, beans, stuffings and crumble toppings. **Sage**, with its peppery overtones is good with white meats & turkey, winter squash, aromatic ones; resinous **rosemary** is ideal for lamb as thyme is for beef. Thyme lifts bacon, casseroles

basil, mint

The noble herb is best added fresh at the end of cooking. Good for tomato, beef, cucumber, peppers, broad beans, asparagus, pasta, eggs, red mullet, roast beef. The dominant flavour of Pesto Genovese

marjoram & orgegano

Italian flavours: tomato, white beans, roast pork, shellfish

tarragon, chervil, dill, fennel seed, caraway, anise

The liquorice flavours, good for fish and cabbage, cakes, carrots, use sparingly; tarragon pairs with mushrooms, peas, chicken, eggs, cream

bay leaves

Casseroles and sauces generally

celery, celeriac, celery salt

Essential to lift many casseroles and soups, especially with chicken, pork, leeks. One of the main constituents of Mirepoix/Sofrito.

fenugreek seeds

A sweet, nutty flavour reminiscent of maple syrup and burnt sugar. Very bitter when raw, but cooked and combined with aromatics, it transforms and adds sweetness and depth of flavour. Best bought ground.

coriander powder/seeds, nutmeg, mace, cinnamon

Warm spices, with a hint of orange, can flavour cabbage, cauliflower, spinach, cheese dishes, apple, carrots, sweet potato, mushrooms, cream sauces cakes and are at home with all curry spices

Flavourings 3.2

cardamom, orange

butternut squash, chick peas, poached fruit such as pears, braised chicory, Danish pastries, rhubarb, apricots, curries

grapefruit/lime/lemon

Cut through rich dishes and sharpen the flavour. Grapefruit with avocado or shellfish. Lemon/lime zest in cream, chicken

sumac

A lemony spice from a tart red berry, used to heighten flavours of anything.

cumin

The pungent spice. Likes strong flavours such as curry, aubergine, beetroot, cauliflower, lamb, oily fish, chilli con carne, strong cheese

ginger

Fresh ginger can be used almost anywhere. Pak choi, cavolo nero, most soups, and stir fries. Mix with soy sauce with or without garlic

paprika

Eggs, meat stews, rice

raisins, currants, figs, dates, honey, saffron

Sweet and caramel

onion, garlic, leek, chives

Pungent when raw, caramel when long cooked,

vanilla

Has the opposite effect to lemon. Used in dessert toppings, ice cream, cakes

almond, stone fruit kernels

Wonderful in chocolate, crumble toppings, celery, cauliflower

walnut, pecan, hazel,

Flavour comes out with toasting. Use in salads, cakes, chocolate dishes, crumble toppings, apples & pears

peanut

Sweet when toasted, salty in peanut butter

mushroom, soy sauce, marmite, miso

Meaty flavours ...

Flavourings 3.3

chocolate, coffee

chocolate is the ideal comfort food, pairing with all nuts, in cakes and desserts, but less obviously in dark meaty casseroles. Try it with smoked bacon.

tomato, peppers

Flavour is concentrated in sun-dried tomato and tomato sauces. Often used with pasta, in casseroles and with bacon, sausages & burgers

smoked bacon etc

This is a true comfort food, adding depth to meat casseroles, fish and other savoury dishes

vinegar

One of the four main flavour types is sour. Vinegar can balance sweetness to give depth of taste. A hint is added to meat casseroles and it is a common constituent of vinaigrettes, along with lemon juice.

Wine, cider, sherry, balsamic & sushi vinegar impart different flavours.

anchovy

Preserved anchovies lose their sharpness when cooked and add undertones to tomato sauces, meat, fish and some vegetables

butter/cheese

Dishes cooked with butter or cheese take on a rich flavour, whether savoury or sweet.

olive

Olives are an acquired taste, but once acquired provide ample reward in pastas, pizzas, in tomato sauces, with feta cheese etc.

mustard, horseradish

Hot flavours that demand attention. Use with meats and smoked salmon- mustard for ham and bacon, horseradish for beef and beetroot. Japanese horseradish heightens raw fish (sashimi, sushi)

malt

Malt extract can be added to bread & biscuits and flavours beer & whisky.

Watchpoint: When grilling, frying or roasting with a marinade containing herbs or other solids which might burn, strain the marinade before cooking and add the solids to the remaining marinade shortly before end of cooking.

Flavourings 3.4

Herbs and Spices

Fresh or dried herbs is a matter of preference. Dried herbs pack a stronger, more condensed flavour and lack some of the subtleties of fresh, so if you're substituting dried herbs in the place of fresh, then you'll need to cut the amount in half. Use herbs in small combinations. Keep only as many as you can use up quickly. **See appendices 8 and 9**

Marinades

Marinate spiced meat or vegetables for up to 24 h, fish for 2-4 h max in refrigerator, turning occasionally. Escabeche: Fish or meat that has been fried or poached, then soaked in a marinade, usually served cold.

Basic Marinade for Marinating and Basting

Mix 2 fl oz oil, 2 fl oz wine, citrus juice or vinegar, 2 chopped cloves garlic, ½ tsp black pepper with the additional flavourings below. Suit oil proportion to application.

Additional flavourings:

- ★ Herb: 2 tsp dry or 2 tbsp fresh chopped herbs
- ★ Soy: 1 tsp sesame oil, 1 tbsp soy, 1 tsp sugar, 1" fresh ginger [use neutral oil and dry sherry/rice wine; hoisin/black bean sauce optnl]
- ★ Yoghurt: - 5 fl oz yoghurt, 1 tsp herbs
- ★ Tandoori: - Small chopped onion, fresh ginger, 3 tbsp total spices [use with sunflower oil & lemon juice]
- ★ Vegetable - Celery onion etc. - sweat in oil, simmer in liquids 30 min. with bouquet garni. Cool.
- ★ Plum - Plums, chopped, sugar, [Optnl soy, orange juice, white wine]
- ★ Orange - use orange juice, tomato purée & soy sauce
- ★ Thai - wine vinegar, oil, 3 tbs fish sauce, garlic, chopped ginger, juice & zest ½ orange & lemon, chilli, lemon grass

Also: Mustard, Worcester sauce, chopped onion, citrus zest. STIR-FRY use smaller amounts & 2 tsp cornflour.

Marinade For Chutney

20 fl oz vinegar, 8oz demerara to taste, 12 oz quartered onion, 3 garlic cloves, 4-8 oz raisins/dates, 1 oz fresh ginger, 1 tbsp whole spices, black peppercorns, salt. Simmer in the marinade 1-2 h or until reduced.

Flavourings 3.5

Marinades for Cooked Vegetables

Wine vinegar: White wine to cover, 2 sliced garlic cloves, stick celery sliced, 1 carrot julienne, pinch herbs, piece of ginger or red chilli, coriander or mustard seeds, black pepper corns, salt. Add to vegetables while hot; refrigerate 24h, part drain and add olive oil before serving.

Lemon: Simmer juice 3 lemons, 10 floz water, 4 floz olive oil, thyme, parsley, bay, stick celery, pepper corns salt. Simmer 20 min. Pour over vegetables hot.

Olive Oil & Garlic: After grilling vegetables with olive oil, add plenty of oil while hot and allow to cool, basting occasionally. During grilling add smoked garlic or bacon, anchovies, capers, lemon zest. These together with the vegetable juices and herbs will impart flavours to the oil. Serve with hunks of bread. E.g. grilled peppers & tomato with basil.

Flavoured Stocks

A fine way to add flavours, is through stocks. Adding meat, mushroom, ginger, sweet pepper, celery, herb and other flavours. [See sauces.](#)

Flavoured Oils & Vinegars

Oils and vinegars may be used to preserve the flavour of fresh herbs, or to have flavours in a convenient form. Many can be bought but it is not desirable to have too many aging bottles of oil or vinegar cluttering the shelves. It is better to mix oil or vinegar with flavourings in small quantities when required for use.

- ★ Garlic oil - 10 fl oz oil with 5-6 cloves of garlic peeled. Liquidise to a milky purée
- ★ sesame oil - very strongly flavoured so dilute with sunflower oil.
- ★ herb oils - Place in a clean bottle sprigs of fresh herbs, lightly crushed peppercorns, 2 cloves garlic, some shallots and a bay leaf. Add 10 floz warm olive oil or any combination of oils. Stopper & allow 1 week in fridge, shaking daily. Use alone or in vinaigrette.
- ★ wine vinegar - red is fruitier and sweeter
- ★ balsamic vinegar - the sweetest, with grape must, good with tomato
- ★ tarragon vinegar - buy ready made if desired.

Flavourings 3.6

Marinade for sousing oily fish

Warm 2 tsp olive oil. Add ½ onion, carrot, celery, thyme, tarragon, bay leaf, star anise, pickling spice. Add 3 floz each white wine & white wine vinegar & 15 floz water. Simmer 20 min. & strain.

Flavoured Syrups

Basic stock syrup : 10 floz water/wine + 6 oz caster sugar, dissolved and simmered with flavourings before being cooled and filtered.

- 1) zest & juice 1 orange and 1 lemon + ½ cinnamon stick + 1 vanilla pod + 1 cardamom
- 2) 6 oz dried fruit & 1 vanilla pod, simmer until tender
- 3) white wine, lemon & vanilla, cinnamon or saffron
- 3) 1 lb strawberries + zest ½ lemon
- 4) 3 bay leaves + 1 tbsp orange juice + zest
- 5) handful lavender flowers, steep overnight.

For mulled wine use only 2 oz sugar and 7 floz water. After simmering with the flavourings and steeping 30 min, add 1 bottle red wine, bring back to simmering & strain. 1) is traditional with addition of cloves but why not ring the changes.

Flavoured Butters

Butters are used to garnish grilled dishes and soups or to make garlic bread or spread on warm rolls. Pound 1 tsp fine chopped herbs, 1 tbsp chopped fresh parsley, juice & zest of ½ lemon, 1 clove of garlic, salt and pepper with 4 oz soft butter. Form into a roll on foil. Roll up and refrigerate until use.

Alternatives

- ★ garlic, herbs & watercress
- ★ garlic, herbs, parsley & orange
- ★ orange or lemon only
- ★ ground black olives or anchovies
- ★ ½ avocado pear, lemon and herbs
- ★ garlic, lemon, thyme & breadcrumbs (for mushrooms)
- ★ add spice, alcohol or mustard to basic recipe

Flavourings 3.7

Flavour Bases

Some of the following occur repeatedly with variations:-

BASE 1 - Sofrito (slow-fried)

These are finely chopped and fried or braised vegetables, **very slowly** with olive oil, often in an earthenware dish.

Spain - braised onions, garlic and tomato

Creole - onions, celery and bell peppers

Italy - chopped onions, carrots and celery slowly cooked in olive oil

France (mirepoix) - two parts onion, one part carrot, and one part celery - not always pre-cooked

Germany - (suppengrün) leeks, carrots and celeriac,

Aromatic herbs may also be added, also ginger, mushrooms.

Method: Finely chop 1 large onion and saute on low/medium heat in 1 oz oil or 1 oz oil & butter in an open pan. Add 1" ginger chopped after 3 minutes and when the onion is golden but not brown add 2 chopped garlic cloves. Saute stirring 1 minute. Stir in any seeds followed by any herbs followed by any spice powder.

Variation: Use peanut oil. At end stir in zest & juice of lemon/lime, 4 oz crunchy peanut butter, 1 tsp chilli, 1 tsp brown sugar, coconut milk to taste.

Use as base for sauces, stuffings, pilau rice, casseroles, stir into pasta or couscous, paella

BASE 2 - Spicy [See appendix 9 for world regional variations]

Heat 1 oz oil & butter and add mustard/cumin seeds When they pop add sliced ginger and continue until golden. Stir in ½ tsp turmeric, then other spices (cayenne/chilli etc. for hotness)

Use to braise vegetables or sauté potatoes

Variation - use mixed seeds. Indian Spice Combos :

A 1 tbsp coriander 1 tsp each turmeric, cumin, ½ tsp nutmeg/mace, cinnamon, black pepper, cayenne, 1 oz fresh ginger [6 cardamom]

B 1 tsp each seeds of fennel, cumin, black mustard, ½ tsp ground fenugreek, ⅛ tsp asa foetida, ½ tsp turmeric, lemon juice [red chilli opt]

BASE 3 - Green Curry Paste

Blend together 2 stalks lemon grass, 2 tbsp chopped coriander leaves, 1

Flavourings 3.8

tsp ground cumin, 1" fresh ginger or galangal, 2 shallots, 1 tsp coriander seeds, 3 cloves garlic, tsp black peppercorns, 1 tsp lime zest, 1 tbsp lime juice. Mix with coconut milk and add to chicken, fish or meat for the last 12 min. cooking.

BASE 4 - Red Curry Paste

Liquidise large onion & 1" fresh ginger. Cook in 1 oz oil & butter until the moisture is driven off and onion turns golden. Add chopped garlic, 1 tsp each black mustard, poppy and sesame seeds; when they pop add 1 tbsp coriander, 1 tsp cumin, ½ tsp cinnamon and turmeric, some cardamom. Stir fry 2 min.

* Add 1 tin tomatoes and cook to blend in.

* Add coconut milk or yoghurt. Reheat gently Don't cover. Thicken with ground almonds.

* RED PEPPER & ONION Liquidize 2 red peppers and add after the onion is cooked.

* AUBERGINE & ONION Char skin off large aubergine and liquidise. Add as red pepper.

BASE 5 - Tandoori Paste

Liquidise the raw onion, garlic & ginger with 3 tbsp lemon juice then the spices, the oil and 4oz yoghurt.

BASE 6 - Use any pesto. Stir into rice, pasta, couscous, potatoes, spread on pizza, bruschetta etc.

BASE 7 - Stir together chopped garlic, fresh ginger, spring onion, soy sauce and sake/sherry. Use as marinade or sauce or stir into rice etc.

Escabeche and ceviche see cold fish

Flavoured Toppings

GREMOLATA.

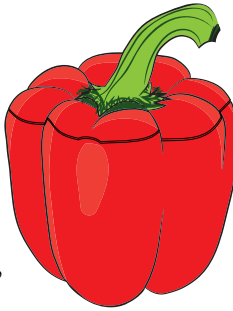
Sprinkle mix of lemon zest, garlic, chopped parsley. Breadcrumbs and herbs optional. Variation grated cheese.

HERB CRUST

Blend 2 slices of dry bread with 2 oz butter, 4 cloves garlic, zest of lemon, ground black pepper and your favourite herbs. Option finely grated cheese and/or ginger, mustard, tomato ketchup. Sprinkle on a gratin or cassoulet toward the end of cooking.

4. Fillings

Fillings, or stuffings, have the dual function of adding flavour and a balance of ingredients to a dish, or simply to make food go further. Almost anything can be considered without bones or inedible parts, which once prepared can be cooked without attention, and which doesn't shed liquid while cooking.



- ❑ Where cavities are small the filling must be cut correspondingly fine.
- ❑ Allow for the weight or bulk of the stuffing when calculating cooking times.
- ❑ If using uncooked rice, pasta or grains allow room for rice to expand.
- ❑ Where relative cooking times differ markedly, use par-cooking or pre-cooking to reduce gap.
- ❑ The flavours & colours of the container and filling should complement each other. Most fillings for flavour include herbs and/or spices.
- ❑ Trimmings from container may be finely chopped and used in filling.
- ❑ If serving cold, omit overly fatty ingredients.

Classifying Fillings

Fillings can vary from a few fresh herbs placed inside a cavity for flavour and then thrown away to being the main ingredient of a dish.

1. **Conventional stuffing**
2. **In an egg custard**
3. **Bound in soft cheese**
4. **A mousse or purée**
5. **A topping from breadcrumbs or other grains**
6. **Fruit/vegetables unbound**
7. **No cooking/precooked**

For more details on preparation see numbered sections following

Fillings 4.2

The Container

Any foodstuff capable of holding a mixture can be filled with an appropriate filling. Below are some ideas, **filling types in brackets**:

Meat & Poultry: Roasting joints [1]: under skin, against the bone or separately 30 - 40 min. at 180°C in a tin (baste with meat juices) or add as balls to the meat pan. Don't use carcase cavity except for flavourings you don't intend to eat.

Escalopes [1]: roll up & secure with a wooden tooth pick or sandwich and tie with string.

Chicken breasts [1, 3, 4, 5]: in the cavity or against bone.

Fish: [1, 3, 5] The cavity of whole filleted fish or rolled up fish fillets. Note the short cooking time so precook all ingredients. Gutted unboned fish cavities can be used for flavouring ingredients.

Vegetables: [All types] Use natural or hollowed out cavities either in halves lengthwise or whole, cored after "lid" removed; between leaves or use large blanched leaves as wrapper. See 11.16 [Stuffing Vegetables](#) for more information. Common in the Middle East as Dolmas

Fruit: [3, 5] Use the space left by removing stone or seeds, either whole or halved, or core.

Pasta: [1, 3, 4] Cannelloni, Ravioli & Lasagne, large pasta shells, (Italy)

Pastry: [2, 3, 6, 7, 8] Pie crusts, turnovers & flan cases, spring rolls /lumpia (Far East deep fried), samosas (India), cannoli (Sicily)

Bread: Sandwiches [7], Pizza bases [1, 6], Burgers, stuffed Parathas & Pakoras (India), Piroshki (Russia)

Pancakes: [7, 8] Rolled or formed into pockets

Eggs: [7] hard boiled & yolks removed.

Fillings 4.3

I. A conventional stuffing

Typical Ingredients

A. flavour base	Sofrito, duxelles, tomato sauce, sate, ragu etc.
B. carb base	breadcrumbs soaked in milk, rice, mashed potato, couscous, other grains
C. protein base	cooked pulses, diced or minced lean meat (ham, bacon, pork etc.), sausage meat, cheese, ground nuts
D. vegetables	chopped celery, carrot, parsnip, peppers, mushrooms, tomato, olives
E. fruits, nuts	dried fruits, soaked, apple, berries etc., nuts whole or ground, raw, blanched or toasted
F. spices/herbs	cinnamon, allspice, aromatic herbs
G. slackener	yoghurt, bechamel, tahini, cream

There are two main instances for using such a stuffing:

- ☀ For roasting with meat joints or in a loaf tin as a substitute, these fillings should remain light and dry but firm and capable of slicing
- ☀ In vegetables, roasted or braised in an enclosed pan, on the hob or in the oven. In this case the stuffing remains more crumbly.

Basic recipe for savoury stuffing:

Typically A + B and/or C + D, E, F as desired.

- Prepare flavour base (previous section)
- Rinse rice or lentils; they may be used pre-cooked or raw.
- If using raw then use the braising method to ensure sufficient liquids to absorb. Check cooking time is sufficient, and allow 25% room within the cavity for expansion
- If serving cold or cooking less than 1 hour precook any meat and drain off fat.
- If cooking for a long time the onions need not be precooked.
- Vegetables should be diced, carrots par-boiled, mushrooms cooked
- Mix together all ingredients. Slacken if required.
- Bread crumb/potato bases - bind with a beaten egg.
- Vegetable bases bind with sauce and /or egg

Fillings 4.4

- If baking separately, cover with foil; the top can be sprinkled with buttered breadcrumbs and/or cheese and finished for 15 min. at 200° or under grill if desired. When cooked in a loaf tin remove from tin and brown upside down for the last 20 min, the result should be a crisp exterior and a moist interior.
- If braising, liquids (water, stock, wine or water, tomato juice & water, water & lemon juice) should normally start off half-way up the vegetables. Stand the vegetables up vertically, closely packed.

You could include meat from a leftover casserole.

Four fillings for peppers

1 Rice, for dry cooking

Soften a diced onion in butter, garlic optional. Add diced smoked bacon and cook until crisp. Stir in chopped tomato, pine nuts, thyme, cooked rice, cinnamon and grated cheese. Top with grated cheese and spread the rest around. Drizzle with olive oil before baking for 30 minutes, covered with foil for first 15 minutes . (Alt: tuna and olive)

2 Rice, for wet cooking

Mix together 8oz lean minced lamb, 3oz washed uncooked rice, pine nuts, 1 chopped tomato, cinnamon, rosemary, S & p and pack into vegetables leaving one third for rice to expand. Cover and simmer with olive oil, water and squeeze of lemon half way up the vegetables.

3 Mushroom, Parsnip & Pecan

Sauté 1 chopped onion & chopped mushrooms in butter for 20 mins until dry. Separately soften diced parsnip in butter. Mash, combine with the mushrooms, ground pecans and soy sauce.

4 Piedmontese

Into each half place a chopped anchovy fillet, ½ chopped garlic clove and a tinned tomato cut in two. Drizzle a dessertspoonful of olive oil into each half and bake for at least 40 minutes, basting occasionally. Towards the end, season with black pepper and basil or thyme. Serve hot or cold with bread to dip into the oil. Don't waste the oil!

Fillings 4.5

2. In an egg custard

For quiches, tarts, and pies or open vegetables, or served on their own, steamed or baked in dishes.

Arrange the pre-cooked ingredients evenly and pour over the egg custard. Typical custard for 9" flan: Mix 10 floz cream, 2 beaten eggs + 1 yolk, seasoning, option 2 tbsp Parmesan cheese. The amount will vary depending on diameter, and on packing density of other ingredients.

Ground almonds, ground cooked pulses or breadcrumbs can be included. Eggs can be separated and whites beaten and folded in for a lighter filling.

Quiche Lorraine - arrange diced & sweated 6 rashers smoked bacon on bottom of pastry or dish. Use 10 floz dbl cream, 2 eggs & 2 egg yolks. For authenticity don't add cheese!

Ham & egg pie - omit most milk and use more eggs. Trad with double crust.

► Fillings can be sweet - see Tart Alsace .

3. In soft cheese

For pies, pasta, pastries, chicken breasts, fish and fruit. Typically ricotta, goats cheese, curd or cream cheese optionally w/ Parmesan. For a firmer filling some egg may be added. Add pre-cooked ingredients such as chopped spinach, herbs, watercress, parsnip, apricots, ground almonds, crumbled amaretti biscuits, orange zest or breadcrumbs.

4. A mousse or purée

Set a mousse in a pre-cooked or prepared open vegetable. See *Starters* for basic filling recipes. Pates requiring no cooking or a short steaming or baking can also be packed into vegetable halves.

5. Breadcrumb or other topping

Used with open dishes, allowing stuffing to be browned. E.g. brown crumbs finely grated Parmesan, zest of a lemon, finely chopped ginger, parsley, and/or fresh basil as desired. Finely chopped garlic, ketchup and/or English mustard, lemon juice, olive oil. See [Crumbly Toppings](#), section 17.4

Fillings 4.6

6. Fruit/vegetables unbound

E.g. in a tart or pie. Choose fruit/vegetables that can be cooked together. Peel if required and cut into appropriate sizes for the dish. Vegetables are cooked with softened onion and herbs whereas fruit requires sugar and spices. Par-cook (sauté or bake) together with oil or butter to soften, release flavours and stabilise moisture. Reduce juices by boiling separately if required.

7. No cooking/precooked

Chopped ingredients in a light sauce, hot or cold. For open "cupped" containers (such as hollow vegetables) or sandwiches. They are not set but may be moistened with a little sauce and which normally includes yoghurt, mayonnaise, lemon juice or vinaigrette to add a little sharpness. If hot, grated cheese can moisten. Use any cooked fish, meat, eggs or vegetables or any fruit or vegetables used in a salad. Dice small, season with spices, herbs or relish and moisten. Sandwiches should not be filled too far in advance or bread and salad ingredients would deteriorate. Some ingredients need lemon juice or vinegar to prevent discolouring. [See Vegetables A to Z.](#)

Some Filling Ideas

For Meat:

- onion, bread crumbs, sausage, sage or thyme
- rice, onion, minced meat, walnuts, raisins, parsley
- bread crumbs, onion, celery lemon zest/juice, thyme
- for duck: bread crumbs, onion, stem ginger, lemon zest, thyme, rosemary.
- for chicken breasts: couscous, dried prunes, Ras el Hanout spices, pine nuts

For minced loaf/roast

As a middle layer to any meat or nut loaf:

- grated cheese, cooked chopped dried spinach or skinned tomato
- duxelles with or without diced courgettes added
- Any type 1 filling with onion & garlic
- Saté sauce with ginger ■ Any Pizza topping

Fillings 4.7

Fish (gutted):

- spring onion, button mushrooms, rind & juice of orange, grated fresh ginger, soy sauce (Type 7)
- onion, Ricotta, lemon juice, garlic, water cress (Type 3)
- bread crumbs, lemon juice/zest, leeks, parsley (Type 1)
- celery, prawns, spring onion, thyme (Type 1)
- raw haddock, bread crumbs, lemon, herbs, oil, 1 egg (Type 1)

Vegetables:

- bread crumbs, mushrooms, red wine, olives, cheese (Type 1)
- mushrooms, parsnips sautéed in butter & mashed, ground pecans, soy sauce, yoghurt (Type 1)
- turmeric rice, bacon, mushroom, tomato, cinnamon, cheese, oregano
- mashed beans, saté sauce, ginger, grated cheese (Type 1)
- smoked fish in leek & saffron cream mayo (7)
- lamb mince, rice, apricots, cinnamon (1)
- tomato mousse (4)

Pasta:

- mashed potato, pecorino, watercress, thyme, garlic
- ricotta, pea, mint

Sandwiches

- cucumber & tuna/salmon with Worcester & mayo
- coronation chicken & salad ■ cream cheese, celery & cress
- avocado, tomato, pesto & taleggio
- avocado & prawn with lemon & mayo
- peanut butter & banana ■ ham & English mustard
- cream cheese, walnut & date with yoghurt
- feta & pitted olives with houmous & yoghurt
- tomatoes, grilled peppers, balsamic vinaigrette

Baked Potatoes :

- Sour cream & lemon vinaigrette forked in
- crisped bacon & onion (include melted butter or bacon fat) & thyme
- Duxelles with soy sauce
- Any type 2 filling, especially any for Bruschetta. Fork some butter into the potato first. Season well with pepper and reheat.

Fillings 4.8

Quiches or flans:

- sautéed sliced onion & courgettes & cheese
- steamed asparagus, cauliflower/broccoli, grated cheese.
- Mushroom - Duxelles reduced from 8 oz mushrooms + onions
- Tuna, peppers (pre-grilled optional) & olives.
- Diced blanched carrot & young broad beans.
- Cooked prawns or smoked fish & cream cheese.
- 1 lb chopped cooked spinach & 4 oz Ricotta
- Broccoli & cauliflower florets & tomato sauce.
- Sliced tomatoes & chopped basil

Pancakes :

- syrup & chopped nuts ■ lemon juice & sugar
- honey and crème fraîche ■ fresh, poached, sauté or baked fruit
- mascarpone w/dried fruit, orange zest, ground almonds, choc chips
- Any type 7 filling, e.g. seafood, roasted vegetables in tomato sauce.

"Sausage rolls"

- Chicken breast & pork loin, chopped & browned, smoked sausage, garlic sausage or bacon chopped, grated Parmesan egg yolks.
- 1 lb sausage meat, 10 oz cooked spinach 1 tsp fennel seeds, 1 softened chopped onion, 2 eggs.

Pizza

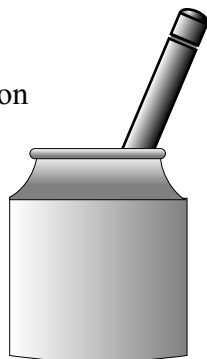
Any combination of the following: tinned tomatoes, chopped & drained, fresh sliced or sun-dried chopped, any herb, garlic or herb butter, sliced mozzarella, grated cheddar, sautéed sliced mushrooms, cooked chopped spinach, softened onion rings, red pepper rings, sautéed courgette slices, aubergine, peppers, potato, fennel, onion, cooked meats, fish, seafood, blanched & chopped green veg or carrots; olives, capers, anchovies, pine nuts.

Fruit:

- brown sugar, butter, cinnamon, sultanas
- lemon juice, ground almonds & essence, sugar
- frangipane ■ cream cheese, orange zest and walnuts
- desiccated coconut, coconut milk, glace cherries, toasted slivered almonds
- crushed Amaretti/ginger biscuits, melted butter, fresh ginger, sugar,

5. Sauces & Soups

Sauces and soups (and casseroles) share many preparation methods and characteristics. Sauces accompany other food, added during or after cooking, to impart flavour or lubrication, whereas soups are balanced in themselves, and are less concentrated. Sauces can be poured over, round or mixed in, stirred into rice, potatoes, pasta, onto bruschetta etc.



Key Rules

- Use fresh ingredients not stale leftovers
- Never use more than 3 strong flavours
- Aim for good colour and flavour but do not clutter with too many ingredients.
- Keep control of neutral thickeners - flour especially, as it has to be well cooked to remove flour taste
- Use stock only where beneficial to flavour or “feel”
- Sieving is tedious and detrimental to flavour and can often be avoided by using a blender. Where the fibres must be sieved out then strain most liquid before blending and sieving.
- Sauces require concentration at all stages to strengthen flavour. Sweat vegetables in butter or olive oil.
- Soups should be prepared slightly concentrated, diluted to taste at end.
- Season sparingly and at end.

Garnishes for Soups

Float a little of the key vegetable/chives/parsley on a swirl of yoghurt/sour cream before serving. See also miniature dumplings (gnocchi, spetzli) To make croutons fry or bake 7oz cubed bread in 1 tbsp olive oil and 1-2 oz butter until golden. Options:

- ▶ mix in finely chopped garlic or herbs mid way through cooking
- ▶ sprinkle with finely grated cheese and/or single cream before serving

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Broad Classifications

In all classes additional diced ingredients may be added to the basic sauce, pre-cooked, cooked in the sauce or to be consumed raw.

- clear Base ingredients are simmered in water, wine or stock to extract the flavours and colour and are filtered to remove solids.
- purée After sweating and simmering, the mixture is processed, the puréed ingredients providing bulk as well as flavour. Vegetables without too much fibre are commonly used
- cream These are thickened with a roux, yoghurt and/or cream, the other liquid may be stock etc.

emulsion Fats are suspended by whisking in water, wine, vinegar or stock.

THICKENER	SAUCE	SOUP
CLEAR	Stocks, bouillon	Consommés and broths, or such as minestrone.
PURÉE	Pestos, Tomato Sauce, Curry Paste, Sate	Country soups such as lentil, carrot, spinach
FLOUR	Veloute/Bechamel, Brown Sauce,	“Cream of” soups, Brown Windsor etc
CREAM	Cream sauces, Yoghurt/Sour Cream sauces	Soups with real cream Yoghurt soups
EMULSIONS	Vinaigrettes & Salsas, Emulsified Egg Sauces, Butter sauces	Gazpacho soups

Clear Stocks & Soups

Basic Stock

Use fish, poultry, meat or a key vegetable supported by additional vegetables, selected for colour and flavour bearing in mind what the stock is to be used for. [Usually include onion or leeks, celery and carrot; mushrooms give a dark stock, beetroot red]. Avoid items which might taint the stock and starchy foods such as potatoes which would render the stock cloudy. Include bones (broken if large) as a good

Sauces & Soups 5.3

source of flavour and glossiness. Brown (roast or sauté) for darker stocks, bones first then vegetables. Add appropriate herbs. [Usually including thyme, bay and parsley]. Just cover with water, optionally flavoured with wine, lemon juice or vinegar. Bring to boil, skim twice and slowly simmer or bake 140°C covered. Vegetable and fish stocks take only 20 minutes; chicken 1 hour and meat 2-3 hours - do not overcook. Then filter or strain to remove solids and give the desired clarity. The stock is then often concentrated to third original volume. Only then season.

Clear stock-based soups

A well flavoured stock is essential to the flavour and texture of clear soups including consomme, minestrone and French onion, many meat soups and can enhance many soups based on root vegetables. Vegetable stocks contain no gelatine and will not have the same “glossiness” as a meat stock. Soy sauce and or yeast extract used in moderation provide a meaty flavour.

Mushroom Consommé

Onion, fresh ginger, coriander, 2 lb clean sliced mushrooms, 30 floz water, 2 floz medium sherry and juice ½ lemon. Soften then simmer for 30 mins. Strain, add soy sauce. porcini/ceps concentrate flavour. Reduce for a stock.

A Basic Clear Soup with Pieces

Chop ingredients small. Soften onion in oil adding after 5 min. any root vegetables, celery or ginger. When onions soft & golden add garlic and spices followed in 30 sec by tomatoes and herbs. Sauté GENTLY 10 min. Add desired volume good flavoured stock or mix of soy, marmite, wine, etc. then pre-cooked dried beans and simmer gently 30 min. Add for appropriate cooking time any green vegetables (green beans, courgettes, shredded leaves). Meat, prawns, fish, rice or pulses can be similarly treated or added pre-cooked at end. Add any cooked diced potato, warm through and hand fresh Parmesan.

Minestrone

Traditionally includes both root and leaf vegetables, pasta or dried beans (white cannellini) and tomato & Parmesan. Bacon is common.

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Pistou

Includes tomatoes, green beans, haricot beans, potato, leek and vermicelli. Use water not stock. Hand with pesto. Do not reheat.

French Onion

Saute covered thin onion rings in butter & oil until caramelised (20 min) stirring occasionally. Add chicken stock and simmer 20 min. Add salt, soy sauce or Marmite and serve with garlic croutons.

Borshch

Saute onion & garlic in 2 oz oil; add ½ celeriac, 1 parsnip, 1lb raw beetroot all grated & 2 tomatoes. Mix in 3 tbsp red wine vinegar, 10 floz stock & ½ tsp sugar. Season & simmer 40 min. Simmer 1lb cut potatoes and ½ shredded green cabbage in 10 floz stock until tender. Combine, add 2 more tomatoes & simmer 10 min. Adjust seasoning, vinegar & sugar if required. Hand sour cream.

Three Oriental Soups

Soto Ajam

Simmer a chicken and onion. Skin & cut up. Stir fry chopped onion, garlic, fresh ginger, chilli. Add nutmeg, turmeric, coriander. Reduce chicken liquor & combine with chicken meat and cooked vermicelli or rice. Garnish with spring onion & hard-boiled egg. Options: button mushrooms, prawns, bean sprouts.

Singapore Soup

Stir fry garlic, fresh ginger, pork, fresh prawns, bean sprouts. Combine with prawn stock, noodles & simmer 5 min. Garnish with spring onion, cucumber.

Chinese Duck Soup

Use duck, noodles, soy sauce, ginger, 5 spice powder, chilli, spring onion, sherry.

Purée Based Sauces & Soups

Use any fruit or non-fibrous vegetables. Parboil green veg to set colour. Ideal are vegetable fruits, roots, pulses, alliums, brassicas.

Basic Vegetable Purée

Saute a chopped onion in 1 oz/2tbsp olive oil or butter. When soft add spices & 3 cloves garlic, then 1 lb diced vegetables. Sweat 5 min.

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Moisten with water or stock, cover & simmer until soft. Liquidise.

Purée Sauces

Tomato (& onion)

One of the great pasta sauce bases. Saute large onion in 2 tbsp butter or olive oil. (Add a hint of curry paste or fresh ginger). Add 3 cloves chopped garlic and continue 2 min. Add a tin of chopped tomatoes and a pinch of thyme & basil. Simmer covered, 30 min. or so. Season with salt, pepper and pinch of sugar.

Variations, add after garlic and cook until soft:

- a chopped sweet pepper (pref. grilled/roasted)
- a finely chopped carrot and stick of celery
- sliced, reduced mushrooms
- cooked smoked bacon or other smoked foods
- fish or sea foods, ham or chicken esp. anchovy

Bolognaise (Ragù)

Fry chopped bacon in ½ oz butter; add finely chopped onion, carrot & celery and brown; add 8 oz raw minced beef and brown evenly. Add 4 oz chicken livers then 3 tsp tomato purée and a glass of white wine. Season, nutmeg and add 2 wineglassfuls stock; simmer 30-40 minutes.

Duxelles

Finely chop a small onion and 8 oz or more mushrooms. Sauté in 1 oz butter for about 30 min. until all water is driven off. Season with nutmeg & lemon juice. For sauce, stuffing or terrine.

Spicy Parsnip

Saute with onion in butter, using coriander & cinnamon, adding 1 tsp brown sugar and lemon juice to taste.

Red Pepper 1

Simmer a cut pepper with 1 clove garlic in 10 floz water or stock until tender (10 min). Remove garlic and liquidise remainder. Blend in 1 oz butter or 2 tbsp oil. Sieve. Reheat/chill. Opt: thicken with grnd almonds.

Red Pepper 2

Use grilled and skinned red pepper sections in basic purée. See also red pepper cream sauce.

Basil Sauce (pesto)

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Crush 2 cloves garlic with sea salt and 15 large fresh basil leaves; grind in 2 oz pine nuts; stir in 2 oz finely grated Parmesan; add olive oil to the right consistency.

Red pepper pesto: substitute 2 red peppers grilled & peeled, zest ½ lemon, 1 tsp balsamic vinegar for the basil & use ground almonds.

Lemon & Parsley: use 2 oz parsley, zest & juice ½ lemon, 1 oz pine nuts, 1 clove garlic, olive oil, 1 oz Parmesan optional

Thai-style: 3-4 stems lemon grass, 2 mild chillies, 1 garlic, 1 tbsp coconut milk powder, juice 1 lime, olive oil

Chermoula: preserved lemons, parsley, fresh coriander, cumin, onions, garlic, capers, peppers, chilli

Other nuts: use walnut, etc. in place of pine nuts

Other cheeses: crumbly English or goats cheeses

Other herbs: green coriander, mint, dill, parsley

Other additions: ginger, soy, etc. as fits.

Peanut (Saté)

Combine finely chopped onion, 3 garlic cloves, 1 tsp ground chilli, 1 tsp brown sugar and 4 oz crunchy peanut butter or freshly roasted and chopped peanuts and fry in peanut oil until soft, adding 1 tbsp. lemon juice then 5 fl oz milk or coconut milk part way through. When soft, remove, stir in 2 tbsp soy sauce and add salt to taste. Options: Include tomato purée, chopped ginger, cayenne, lemon zest, vinegar.

Strawberry Coulis

Blend the strawberries with 4 oz sugar, 1 tbsp lemon juice, 2 tbsp spirits or liqueur (reduce the sugar).

Raspberry Coulis

Cook on a low heat 4 oz fresh raspberries, 2 tbsp. caster sugar and 1 tbsp water for 10 minutes. Sieve and cool. Option: add 1-2 oz red currants.

Plum Coulis

Simmer 1 lb plums, 4 oz sugar, 5 floz water & juice lemon until tender. Stone, liquidise, sieve.

Prune Sauce

Cook and stone prunes with zest of lemon and a little brown sugar. Sweeten to taste. Liquidise with port or sherry. Cream optional.

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Orange & Wine Sauce

Saute 2 cloves garlic in ½ oz butter and 2 tsp olive oil; add 2 tbsp grated orange zest, 4 floz orange juice & 4 floz dry white wine. Reduce.

Purée Soups

Any simple combination of vegetables, fruit, meat and/or fish for flavour, colour & texture. Pulses, tomato, nuts, roast garlic, brassicas and root vegetables contribute to flavour while thickening. Potato and rice thicken without. Avocado can thicken cold acidic soups. Pre-roasted or grilled vegetables heighten flavour.

Basic Method

Start as basic purée sauce. Add remaining ingredients in order of cooking time, covering with liquid (water/wine/stock), and simmering until soft. Liquidise to desired texture after reserving a few pieces for garnish. Or use the potato masher. Add lemon juice to taste. Dilute to desired consistency with water or stock and reheat with any pre-cooked garnish. Enrich with egg/cream mixture if desired.

If including tomato, simmer as long as possible to round the flavour.

London Particular

Onion, butter, defrosted baby peas, chicken stock, 1 tsp castor sugar, parsley, lettuce

Spicy Lentil

garlic, butter, curry paste or coriander, ginger & cardamom, red lentils water. Opts: cream and/or ground roast peanuts.

Lentil & Smoked Bacon

Chopped bacon, oil, onions, garlic, celery, carrots and peppers, washed drained lentils, tin of tomatoes, garlic & stock. Simmer one hour.

Greek White Bean

Fry 1 lb onions in 3 tbsp olive oil until red-brown - adding splashes of water to keep from burning. Sprinkle with ½ tsp sugar and allow to caramelise. Add diced carrots & celery, sliced garlic, 4 tbsp savory chopped, 1 bay leaf, 1 clove 1 hot chili, s & p, 14 oz cooked cannellini beans and water. Simmer 15 min. until beans very soft. Opt: bacon

Cold Carrot & Ginger

Sweat carrot, onion, add crushed garlic and ginger. Cook gently for a

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minute or two, add 30 fl oz water and simmer 30 minutes. Cool, liquidise, chill.

Roast Garlic, Parsnip & Red Cabbage

Roast 12 large garlic cloves and 1 lb blanched parsnips in 2 tbsp olive oil at 200°C for 15-20 min. until golden brown. Sweat 1 lb shredded red cabbage in 2 tbsp oil for 10-15 min. with a garlic clove then add 4 chopped tomatoes and a glass of red wine. Continue 10 min. then cover with water and cook 20-30 mins. Blend the liquid with the parsnips and skinned garlic and reunite with the cabbage.

Red Pepper & Sweet Potato

Roast 3 red peppers until browned and cool. Remove skin and pips etc. Saute chopped ginger, turmeric, paprika and 1 onion. Add a diced sweet potato and sweat. Add 3 floz passata and simmer with stock to cover until soft. Liquidise with the peppers and adjust. Opts: prawns, lemon juice, creme fraiche.

Cold Curry, Apple & Chicken

Soften 3 sour, peeled apples & large sliced onion in butter. Don't brown. Add curry paste & cook for 5 min. stirring constantly. Add s&p and cayenne. Add 1 pint chicken stock and 8 fl oz dry white wine. Simmer 10 mins, stirring. Process and chill thoroughly. Before serving stir in 8 fl oz single cream and a little finely diced cooked chicken.

Watchpoint The rate at which you sweat vegetables affects flavour. Fast cooking in hot oil deepens flavour and caramelises but don't burn!

Sauces & Soups with flour

Basic Bechamel & Veloute Sauces

Add liquid to one tenth weight of flour briefly cooked in the same weight of fat before bringing to the boil.

BASIC BECHAMEL

Melt 1 ½ oz butter in a pan and stir in 1 ½ oz flour (3 level tbsp - or 2 tbsp for a thin sauce).

For bechamel start adding milk (infused with onion & herbs optional) immediately to avoid colouration and quickly amalgamate, stirring and heating gently to avoid lumps until the sauce thickens and starts to bubble. Season with nutmeg, salt and pepper then simmer, stirring for at

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least 20 minutes to get rid of any floury taste. Dilute with more liquid or concentrate by boiling if required.

For a veloute use hot stock or broth. Cook the flour until yellow before adding the liquid. Cook as above, but reduce to desired consistency.

Enrich with cream and egg and add lemon juice to taste.

Cheese (Mornay): stir 2 oz grated cheese into the hot bechamel sauce and do not reheat. Add a little mustard.

Onion (Soubise) :add 1-2 finely chopped onions softened in butter to ½ pint bechamel and simmer for 15 min.

Curry: add curry paste to Soubise onions, browned well.

Lemon: add lemon zest for accompanying fish.

Aurore :add tomato purée and cream to basic veloute

– *Delia Smith method for Bechamel: put all ingredients cold in a pan; heat at medium, whisking until it starts to thicken. Stir corners occasionally --*

'Cream' Soups Based on Bechamel

Velouté or thin Bechamel can be used as the base of cream of vegetable soups as we knew them (asparagus, celery etc - the vegetables are pre-cooked and puréed, the cooking liquor going into the sauce or they can be sweated, cooked with the sauce and puréed, a few pieces of vegetable being reserved for decoration. For a delicate cream soup use minimum flour and enrich with egg and cream.

Basic Brown Sauce

As basic bechamel but cook until almost brown up to three tbsp of finely diced onion, carrot and celery before adding flour. Then add flour and brown slowly, scraping the brownings from the bottom of the pan. Remove from heat and add 1-2 tsp tomato purée (& a chopped mushroom optional). Add 10 floz brown stock, bouquet garni and seasoning. Bring boil and simmer for 40 min, skimming if necessary. Strain the solids (squeeze out the juices) then reduce as necessary. This is the base for Chasseur, Bordelaise, Lyonnaise, Madeira, Zingara.

► **Vegetarian gravy:** as above, adding clove garlic with onion, 1-2 tsp yeast extract, 2 tbsp soy sauce at end. Use mushroom or vegetable stock.

► **Traditional Gravy:** pour off excess fat from roasting pan [Putting

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onion, carrot and celery in the pan while roasting boosts the flavour]; sprinkle in a little flour, scrape and cook on hob to desired darkness. Add stock, wine, water or vinegar and simmer to cook the flour.

Supplement with appropriate stock or add to brown sauce if desired.

► **Fish Gravy:** fish stock, leek, celery, white wine.

► **Onion Gravy:** Add 3 large onions, caramelised, to traditional or vegetarian gravy. Opt Worc. Sauce

Watchpoint: Prepare a sauce for gravy well in advance in order to cook out the flour and reheat with the de-glazings of the pan. There is never enough liquid or flavours in the pan alone.

Enriching with Cream & Eggs

When adding small quantities as a garnish, hand separately cream, sour cream, etc. If the soup is acidic from the use of tomato, for example, then the garnish may curdle when stirred in cold. It is safer to combine in advance.

To enrich any soup (cauliflower, celery, asparagus etc.), add a ladle of the otherwise completed soup to max 20% by liquid (typically 5 floz for 4 servings) of double cream, sour cream, fromage frais, thick yoghurt, or cream with 2 egg yolks (and optionally grated cheese). Stir and return to the hot soup and reheat gently if required without boiling. Once fully combined, cream and fromage frais can withstand boiling and permit reduction. Sour cream and egg yolks do not! So carry out any reduction before adding egg.

True Cream Sauces & Soups

These are where the largest part of the liquid is in the form of cream, fromage frais, yoghurt or sour cream. All these products can curdle if added cold to hot liquid so add off the heat; stir a spoon or two of the hot liquid into the cream before adding to the pan and reheat gently. Do not boil sour cream or unstabilised yoghurt. To stabilise yoghurt add ½ tbsp cornflour mixed with a little water to 20 floz yoghurt. Stir well and bring to the boil stirring constantly in one direction only. Barely simmer, uncovered, for 10 min. until thick and creamy.

Basic Cream Sauce

Heat 8 floz double cream with a knob of butter and simmer gently for

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10 min. to reduce. Season. Add any additional cooked ingredients (chopped ham, grated cheese, duxelles, garlic softened in butter) .

Cream Sauce for Pasta (Crema):

Melt butter and soften any chopped onion or leeks; add and cook any mushrooms or peppers; add any cooked meats and nuts; add thick cream (as above) and cook to thicken further; add any cooked fish or spinach; cook a little longer; add any cheese; season, stir and serve
Other possible ingredients: Avocados, bacon, finely chopped fresh herbs, mussels, olives, prawns, ricotta, sun dried tomatoes, watercress. Add saffron to a cream sauce for smoked fish.

Red Pepper

Simmer gently 1 chopped red pepper in 6 floz thick cream until tender and liquidise, or pass through a sieve for a smooth red sauce.

Caramel

Make a caramel made from 6 oz sugar in 4 tbsp water. Add 6 floz whipping cream and simmer until dissolved and thickened.

Chocolate

Simmer & combine 6 floz milk/cream with 1 oz sugar. Stir in 7 oz chocolate melted with 1 oz butter.

Coronation Sauce

Saute onion in ½ oz butter; stir in curry spices; cook 2 min; add 5 fl oz chicken stock, 1 tbsp tomato purée, chutney & apricot jam; simmer to reduce & add 2 tsp lemon juice. Cool, mix in 4 tbsp cream, blend well.

Watercress Sauce

Blanch chopped watercress and squeeze. Process with boiled cream and stock. Sieve & reheat.

Cold Yoghurt Sauces

Use Greek style yoghurt. Add:

- oil & vinegar and use as mayo
- horseradish and /or orange for smoked fish
- houmous and lemon juice for Greek salads
- lemon juice, olive oil and chives for seafood
- blue cheese and vinegar for green salads
- curry paste for chicken or egg salads

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- chopped tomato/pepper/bacon/celery for salads

Yoghurt & Sour Cream Soups

Examples given have a high yoghurt content but are diluted with water, stock or purée ingredient.

Yoghurt Soup

Mix yoghurt, garlic, lemon zest and juice, dill, mint, olive oil and thin with water. Add finely diced cucumber, grilled red pepper, cooked mushrooms or tomato as desired.

Creamy Turnip Soup

Cook 1 lb turnips in 20 fl oz chicken stock until soft. Process the turnips and mix in 10 fl oz Greek yoghurt and 1 oz butter and enough liquor from the turnips to thin to a single cream. Try using cumin.

Blueberry Vichyssoise

Simmer 5 new potatoes & 4 spring onions in 20 floz chicken stock until soft. Sieve, return to pan & reheat. Whisk in 4 floz sour cream. Add 4 floz blueberries & cook slowly until first berries split. Chill overnight. mash with a fork & thin with milk . Garnish with more berries.

Raspberry & Blackberry Soup

Pass 2 oz raspberries through a sieve to remove seeds. Ditto 2 oz blackberries. To each add 2.5floz yoghurt & 2.5fl oz buttermilk; season and chill. Ladle blackberry soup into each bowl and add raspberry soup into the centre.

Egg & Cauliflower Soup

Cook the sprigs of a small cauliflower and purée. Simmer with 15 fl oz stock for 15 min. Draw to one side and add 3 fl oz milk. Stir in 2 oz butter. Beat 2 egg yolks with ¼ glass water and stir in, warming without boiling to thicken.

Emulsions

Emulsified Egg Sauces

Quick Hollandaise:

In a food processor process 3 egg yolks & 1 egg, 2 tbsp lemon juice, ½ tsp salt & Tabasco for 3 sec and still processing add 6 oz bubbling butter in a stream; store in warmed thermos. True Hollandaise - omit

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whites, heat cold ingredients in bain-Marie, whisking & stirring continuously until thickened.

Bearnaise: replace lemon juice by 4 tbsp vinegar reduced with onion, chervil & tarragon to 1 tbsp strained vol

Mayonnaise

Process 2-3 fresh egg yolks and gradually add 12 floz refined oil. Stir in s & p and juice ½ lemon. If the mayonnaise separates, process 2 egg yolks, while pouring the separated mixture in very slowly.

Tartare : Add capers, dill pickle and onion

Mustard: Add Dijon mustard to taste

Remoulade: Hardboiled egg yolks, oil, vinegar, mustard, capers, tarragon.

Mango: Stir in pulp of 1 ripe mango,

Curry: Add curry powder & soured cream

Green: 4 oz chopped green olives blanched if salty and puréed with garlic & mustard. OR watercress & parsley OR cooked spinach.

Aïoli

Purée 1 slice of bread soaked in milk or a little mashed potato, 6 cloves garlic, then 3 egg yolks. Slowly blend in up to 15 floz olive oil to a firm sauce. Add lemon juice and salt to taste.

Lemon Curd

Place 3 oz caster sugar in a double boiler with rind of a lemon. Whisk the juice with 2 large eggs and add with 2 oz butter cut in pieces. Heat, stirring continuously until the butter melts and the mixture thickens. Remove from heat and allow to cool, stirring occasionally.

Enriching soup with an emulsion:

Put 4 egg yolks, 2 tbsp olive oil and a few tbsp of the strained soup in a blender and emulsify to creamy consistency. Add to hot soup, whisking constantly

Emulsified Butter Sauces

Beurre Blanc:

Reduce 3 tbsp each wine & vinegar with a little chopped onion to 1½ tbsp total volume. Gradually whisk in 8 oz butter cut in 16 with minimum heat. Serve immediately. (beurre brun uses the filtered deglazings from roasting, frying or grilling)

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Vegetable Butter Sauce

Heat & whisk together 5 floz reduced vegetable stock & 2 oz soft butter. Season. For a thick sauce add another oz butter and blend well. Don't boil
Variation 1: 2 floz stock, juice 1 lemon, 8 oz butter
Variation 2: 5 floz reduced fennel stock made with water, 1 lemon & 1 star anise, 2-3 oz butter, add the cooked diced fennel.

Oil/Vinegar Emulsions

Classic Vinaigrette

Use four parts olive oil to one wine/balsamic/cider vinegar and add garlic, mustard, salt and pepper to taste. Shake well in glass topped bottle to emulsify. Add to salads just before serving or the acid may wilt the leaves. Options: Add soy sauce, minced ginger; tomato purée; mint/basil/tarragon/oregano; poppy/ sesame/ celery seeds

- lemon/orange juice and zest
- raspberry vinegar & white wine.
- Add 1tsp nut oil for a nutty flavour.
- Use Greek yoghurt, olive oil & lemon jce.
- Marinate fresh herbs in warmed oil 1 week
- 50/50 red wine & red wine vinegar, reduced.
- Incorporate Thai or Japanese flavourings

Virgin Sauce (for fish)

Simmer chopped olives and onions in olive oil. Add juice ½ lemon then chopped tomatoes & basil.

Salsas

Really a relish, see also chutney. Choose ingredients for colour and flavour. Prepare in advance to allow flavours to mingle but add peppers or cucumber just before serving. Finely chop without bruising and combine. Key ingredients are:

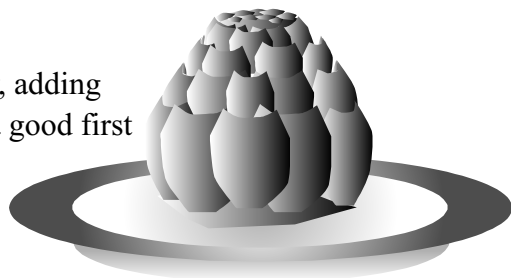
- 3 tbsp fresh parsley, coriander, basil or mint
- 1 clove garlic, ► 1 large onion, ► 6 tbsp olive oil ► soft herbs ► juice of half lemon, lime or vinegar

Optionally add capers, chili, beetroot, peppers raw or roasted, cucumber, avocado, ginger, tomato, pears/mango/peaches, spices.

Gazpacho - see Carefree Cooking

6. Starters

The key is interest, not quantity, adding balance to the meal and giving a good first impression. A small quantity of any main course dish could be served. This section gives a few ideas.



Mousses, Pates or Terrines & Dips

Reduced to solid or liquid purée, eaten with warm bread, toast or vegetable sticks, sauce optional. Pâté recipes have been brought together in this section.

Gnocchi/Quenelles/Spetzli

The minced ingredients are shaped, poached and served with a contrasting sauce or soup. They can be coloured or flavoured with spinach, tomato or herbs. See the end of this section.

Pasta/Rice

The key interest is in the sauce or pasta filling - see Pulses and Grains and also Sauces. Serve freshly grated Parmesan and black pepper.

Gratins

Any tasty ingredients can be heightened further by covering in sauce and/or topping and browning under the grill. Some examples are given in this section.

Antipaste

Tasty pieces of cold meat, fish and vegetables assembled to make up a self-service mini-main course. Often includes vegetables à la Grecque, à la Portugaise. Much is available ready prepared at the delicatessen. See list of candidates in this section.

Starters 6.2

Stuffed or Unusual Vegetables

A vegetable hot or cold is heightened by a complementary filling or hot butter or mayonnaise. See Vegetable Methods and Fillings.

Salads & Vinaigrettes

A good start to a summer meal is a crisp cool individually presented mixed salad.

Fruit

Though it may seem strange, one can start with a sweet course, fresh or cold poached; melon, grapefruit or tropical fruits - see 16 Fruit A/Z

Egg Dishes

Eggs can be stuffed, baked or in quiche or soufflé - see Eggs & Cheese. Timing can be difficult for baked eggs so these are best served as a starter when a 10 minute delay will not be noticed.

Shellfish & Fish Dishes

Prawns, scallops and smoked fish are most appropriate but most main fish dishes or salads can be served. See section 8 Fish.

Flans or Tarts

They can provide include meat, fish or vegetables but are best followed by a light main course. See appropriate sections and keep pastry thin.

Bites

Serve rounds of bread baked or fried in olive oil and spread with pate (crostini) or toast, rub with garlic, drizzle with oil and a topping and grill (bruschetta) See section 17 Cooking with Yeast

Starters 6.3

Mousses, Pates & Dips

Disguising the normal shape and texture adds a surprise element and allows flavour & colour to be reassessed. Mousses should be soft, light and airy, containing entrained small air bubbles. Pates are denser and stiffer, often coarser, sometimes the solider version is called a terrine or mould. Dips must be liquid enough for the purpose but not too thin to cling substantially when dipped into, the final thinning with oil allows adjustment for this.

Mousses

Purée the cooked main ingredient with a selected combination of liquids from lemon juice, double cream, sour cream, cream cheese, Bechamel, mayonnaise and stock, then set with gelatine dissolved in a few tbsp stock. Add for lightness either whipped cream or a couple of whipped egg whites folded in just before the gelatine sets, or both. The mixture is transferred to an oiled mould and chilled for about 4 hours to set. Contrasting mousses can be layered together for effect or use a translucent layer (e.g. spring onion in apple juice). A typical mousse uses 5 fl oz velouté, 5 fl oz double cream, 6 oz filling, 6 leaves gelatine. Add lemon juice or mayonnaise for a tarter flavour.

Avocado Mousse

Use 3 avocados, mashed with lemon juice. Mix with 10 fl oz stock after using a little of it to dissolve the gelatine. Add Tabasco, Worcester sauce, salt & pepper. When about to set, fold in 5 fl oz mayo then 5 fl oz whipped cream, then 2 whipped egg whites.

Broccoli Mousse

Sweat 11 oz broccoli with 1 tbsp oil; add 7 fl oz vegetable stock, nutmeg, s&p and cook until soft. Process and stir in 2 large beaten eggs and 2 fl oz double cream. Steam or bake in bain Marie 30-40 minutes. Serve with a cheese flavoured sauce.

Cheese Mousse

Process 8 oz crumbly cheese with 5 fl oz stock; dissolve 3 tsp gelatine in another 5 fl oz stock and combine. Fold in 5 fl oz whipped double cream and one whisked egg white. Optionally layer with vegetable

Starters 6.4

mousse or translucent layer such as apple.

Cucumber & Cream Cheese

Chop and de-gorge an unpeeled cucumber with salt and drain thoroughly. Mix with 2 tsp wine vinegar, 1 tbsp sugar, pinch coriander. Beat 6 oz cream cheese with 1 tsp onion paste, S & P into ½ oz gelatine dissolved in 5 fl oz boiling water and allow to cool. Mix with the cucumber and 5 fl oz double cream, lightly whipped. Mould and chill to set.

Smoked Haddock

Poach 8 oz smoked haddock in a little milk with bouquet garni. Remove skin and bones, liquidise with dissolved gelatine. Fold in 5 fl oz each of whipped double cream and mayonnaise, season, mould, and chill.

Tomato Mousse

Mix the gelatine dissolved in a little hot water with 8 fl oz sieved tomatoes and 6 fl oz tomato juice. Season with salt and Worcester sauce, pepper and a dessert spoon of sugar. Whip 8 fl oz whipping cream, stir in & chill.

Tuna Mousse

Pound 7 oz tuna fish with Bechamel made from 7 fl oz milk and ½ oz flour) and work in 3 fl oz Mayonnaise. Add ½ oz gelatine, dissolved in 1½ fl oz stock and season well. When the mixture is about to thicken fold in a stiffly whisked egg white and turn into a mould.

Watercress Mousse

Beat 8 oz cream cheese and mix in 5 fl oz mayonnaise. Melt ½ oz gelatine in 5 fl oz stock and leave to cool. Purée 4 bunches watercress in the gelatine mixture and add Tabasco and seasoning. Whip 5 fl oz double cream, fold in the mayonnaise mixture then the watercress mixture, mould & chill.

Rillettes etc.

Rather like the pâtés that follow except that the meat is finely shredded.

Pork Rillettes

Cut 2lb pork belly or shoulder, previously salted, into thin strips. Bake tightly covered with 4 tbsp water, bay leaf and thyme 140°C 4 h stirring

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occasionally. Strain, reserving fat. Shred with two forks and stir in nutmeg, cloves, cinnamon, salt and pepper to taste. Press into container and bake another 15 min. Pour in the fat and allow to cool. Cover with foil.

Duck Rillettes

Use left over roast duck or goose, cook as above, using a little of the dripping and some pork fat.

Boeuf a la mode

Pot roast a joint of silverside with some beef bones, mirepoix, red wine, beef stock 140°C 4 to 6 h until tender. Cool in juices. Cook some sliced carrots in the juices and use them to line another container. Reduce the juices. Shred the meat with 2 forks and add to the container. Add the cooled juices & chill.

Pates & Terrines

Minced or puréed main ingredients are set in fat, egg, bechamel and/or soft cheese. Pieces can be mixed in after blending or added in layers and other ingredients can be used to line the container. Fat pates are weighted while “setting” to drive out fat and give a dense texture. Cooked and presented in a rectangular earthenware pot, often set in jelly, a pate may be called a terrine.

✧ Chilled fish pates use cooked fish set in butter, double cream or cream cheese; warm fish terrines use raw minced fish and egg.

✧ Meat pate can include minced raw or cooked meat, or a combination, usually set in fat rendered by long cooking but sometimes in bechamel. Solid pates or loaves can be layered with pieces of meat or vegetable, or wrapped in bacon. Usually cooked then served cold.

✧ Vegetable pates are usually set with egg, bechamel, soft cheese or combination. Solid terrines can be attractively layered in contrasting colours or wrapped in cooked vegetable leaves.

Basic Meat Pate

Line loaf tin with bacon, mince 2lb meat including 8 oz total fat and preferably some liver or bacon; add 2 minced garlic cloves, allspice and a wineglass of sherry or red wine. Pour into the tin. Cover with foil and bake in bain-Marie for 1 hour, 170°C. Test with a skewer - should run

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clear. Weight & chill. Option: use 10 fl oz Bechamel and less fat.

Smoked Mackerel Pate

Process 12 oz smoked mackerel fillets, skinned, with 5 oz low fat cheese, 2 tsp horseradish sauce and juice of half a lemon. Season.

Smoked Salmon Pate

Line moulds with cling film and smoked salmon slices. Chop and blend the remainder with lemon juice, zest, double cream and pepper. Fill and chill.

Tuna Fish Pate (1)

Blend together stick celery and onion softened in 3.5 oz butter, 2 peeled tomatoes, 2 tbsp mayo, 2 tsp lemon juice, 7oz tuna, finally 4 tbsp double cream.

Tuna Fish Pate (2)

Blend a tin of tuna with some cream cheese, pepper, lemon juice, paprika, fennel seeds & mayonnaise. Spoon into a small bowl, cover and chill for 4 hours.

Cabbage & Coriander Pate

Slice a savoy cabbage and cook in 1 oz butter with 1 tsp coriander until just soft. Purée with juices; blend with 2 eggs, 10 oz quark & 4 oz Ricotta. Bake in buttered terrine covered with foil 40-45 min. 220°C til skewer comes out clean. In 10 min, turn out, chill.

Carrot & Apricot Pate

Dice 1 lb carrots and 2 oz dried apricots and cook in a little boiling salted water until tender. Drain, purée with 2 cloves crushed garlic and 2 oz butter. Blend in 2 oz Gruyere cheese and 10 oz Quark, 2 eggs, s&p. Cook as per Cabbage Pate above.

Cauliflower Cheese Pate

Cook a cauli, mash and dry over heat for 5 min. Stir into ½ pt thick bechamel combined with mustard & 3 oz grated cheese. Bake foil covered in a pate dish greased and crumbed in a bain Marie 180 C 1 h. Weight & cool.

Pepper And Celeriac Pate

Peel, steam & purée with 2 eggs, 1 oz butter, 3 oz grated cheese, 10 quark and seasoning.

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Spinach Pate

Cook 24 oz in 1 oz butter with 1 courgette and coarsely chopped. Purée with its liquid, 2 eggs, 2 oz Ricotta, 2 oz Gruyere, 3 tbsp Quark, seasoning. Layer contrasting purées for variation.

Simple Salmon Moulds-hot

Process 8 oz salmon with 1 egg, zest & juice of half a lemon, S & P. Slacken with double cream if desired. Fill moulds lined with cling film or blanched spinach leaves. Steam until set and turn out (20-30 min). Option: push a piece of whole fillet or prawns into the mix before cooking. Alt: haddock.

Smoke Haddock Moulds

Blend cold poached haddock with 2 beaten eggs, 10 fl oz double cream, S&P, nutmeg. Transfer to buttered ramekins lined with smoked salmon. Bake in bain marie 30 min @ 190. Serve with Hollandaise or lemon creme fraiche.

Smoked Salmon Moulds

Line dariole moulds with clingfilm and smoked salmon. Chop and process remainder with lemon juice, zest, double cream, S&P. Fill and chill.

Smoked Trout And Spinach Terrine

Process 24 oz fresh filleted trout with 2 egg yolks, bread-crumbs, 2.5 fl oz cream or yoghurt & seasoning. Fold in two whipped egg whites. Line a buttered loaf tin with blanched spinach or cabbage leaves. Spread in half the mixture in the base. Flake 8 oz smoked trout, mix with juice & zest ½ lemon & parsley & add. Cover with the remaining mixture and leaves. Cover with foil, prick a few holes and bake in bain-Marie 60 min. 180°C; cool 12 h.

Chicken & Vegetable Terrine

Cut, blanch and coarsely chop a mix of vegetables (mushrooms, mange-tout green beans, broccoli, carrots & courgettes). Blend 4 oz chopped chicken, 5 fl oz double cream, S & P. Alternate layers of vegetables and chicken mixture in a loaf tin and bake in bain Marie 45 min. Pour over aspic; cool.

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Spinach & Ricotta Mould

Butter & line individual bowls with blanched spinach leaves, lightly blend chopped cooked spinach leaves, 1 oz butter, 1 egg, 1 yolk, 2 oz Ricotta cheese & nutmeg; cover with more leaves & dot with butter. Bake 180°C in bain-Marie 30-35 min.

Dips

There are many readily purchasable dips such as houmous, Taramasalata. Most vegetables that can be used in mousses and terrines can be used in a dip. Cook if required, process and combine with lemon juice, onion, garlic and herbs and spices to taste and where necessary add olive oil. See also Purée Sauces, Houmous etc. Serve with strips of pitta bread and/or crudités. Flavoured vinaigrettes can also be used for crudites.

Guacamole

2 avocados, 2 tbsp lemon or lime juice are mashed and mixed with finely chopped ½ onion, 2 skinned tomatoes, 1 clove garlic chili and seasoning.

Aubergine

2 aubergines baked at 200°C for 40 minutes or until soft, allowed to get cold and puréed with 4 tbsp lemon juice, 4 tbsp olive oil, 2 cloves garlic, parsley.

Red Pepper & Almond

2 red peppers simmered till tender, puréed with 2 cloves garlic, 2 oz ground almonds and 3 tbsp oil, salt & pepper

Peanut

Purée roasted peanuts or use peanut butter, dilute with oil and lemon juice, stir in a little chili powder.

Skordalia (greek Dip)

Process 2 medium heads of garlic until very fine. Add 1 lb mashed potato, 4 fl oz olive oil, 5 fl oz vinegar and seasoning and just blend. With the machine still running add slowly a further 4 fl oz oil. Garnish with olives.

Alt: use 5 fl oz ground almonds and 2 oz stale bread instead of potato, replacing vinegar with lemon juice. (Use to pep Greek soups).

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Split Pea (greek Dip)

Cook 6 oz yellow split peas, adding 4-5 oz chopped onion and 4 peeled cloves garlic for the last hour. Cool and mash to a purée. Add a finely chopped garlic clove, zest and juice of a lemon and up to 4 fl oz olive oil. Option - other vegetables such as carrots can be incorporated.

Tapenade (olive & Caper)

Process pitted black olives with garlic, capers, anchovies, lemon juice, olive oil. Option add 2 oz tuna. Alt use green olives, lemon zest, thyme etc.

Sun Dried Tomato

Pre-soak according to jar then process with onion, garlic, herbs, S&P, lemon juice as desired. Thicken with bread crumbs or ground almonds, slacken with olive oil.

Gnocchi, Quenelles, Spetzli

Purée and bind with egg and/or cream and chill before cooking in a pan of simmering water. Ready either when they rise to the surface or 2 min. after they flip over. (Poach if delicate) Remove with slotted spoon. Keep warm in oven, serve with a contrasting sauce.

Fish quenelles - blend 1 lb white fish with 6 fl oz double cream and 2 egg whites (60 seconds) and chill for 30 minutes or more. Option: incorporate Choux paste from 1.5 oz flour before the cream. Shape with two dessert spoons dipped in chilled water between each shaping. Poach & serve with tomato sauce or any sauce suitable for fish, e.g. Nantua. Cooking time approx 15 min.

Cheese quenelles - mash 6 oz Brie with 2 egg yolks and rub through strainer. Stir in 1 oz breadcrumbs, 1 tsp flour, 4 tbsp whipping cream. Season & refrigerate 30 min. Form into Quenelles with two dessert spoons and cook. Gather in an oven-proof dish, sprinkle with cheese and breadcrumbs and bake at 220°C for 10 minutes until coloured.

Spinach gnocchi - press dry and finely chop 12 oz cooked, chopped & drained spinach into a pan with S&P, nutmeg, 8 oz mashed cream cheese (e.g. Ricotta) and a knob of butter and stir on a low heat for 5 min. before beating in 2 eggs, 3 tbsp flour and a little Parmesan.

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Refrigerate overnight. Shape into small cylinders and dust with flour before cooking, approx 8 min. Keep hot in the oven and serve with melted butter and Parmesan or tomato sauce.

Cream Cheese gnocchi - mix 8 oz cream cheese with 2 oz softened butter, 2 eggs, seasoning, nutmeg, Parmesan and 3 tbsp flour. Chill cook and serve as above.

Potato gnocchi - use 1 lb mashed potato, 4 oz flour, one egg and a good ½ oz butter. Make them thinner than above and they will take about 3-5 min. Option: add 2 oz ground spinach. Serve with tomato, pepper or pesto sauce.

spetzli - beat together 8oz flour, 1 beaten egg, 1 tsp salt, 1oz melted butter and about 5 fl oz water to a soft dough which does not drop off a spoon. Rest 30 min. in fridge. Cut in small pieces into boiling salted water. Serve as per potato gnocchi or in broth. Options: mix in cream cheese, tomato paste, spinach purée, herbs or poppy seeds.

Gratins

Any suitable ingredients usually pre-cooked and arranged on a flame proof dish, moistened with a sauce and sprinkled with a topping then grilled or baked at 230°C as convenient to brown the top, typically 15 mins. If cooking from cold, unless very thin, first warm through in the oven at 160-180°C under foil for 30 minutes and transfer to the grill or hot oven just before serving.

Suitable ingredients:

- tuna & sliced hard boiled egg with onion softened in butter-Bechamel sauce & lemon topping
- Duxelles with or without prawns - Mornay sauce and lemon topping
- Prawns with garlic and lemon zest in a rough tomato sauce with garlic breadcrumbs
- Asparagus - Mornay sauce and basic topping.
- Coarsely chopped spinach, sautéed in butter until dry, mix with Duxelles, & cheese topping
- Artichoke hearts sliced and sautéed, with ham and reduced cream

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- Blanched celery, celeriac or fennel with reduced cream and cheese sauce
- Scallops in a wine, onion and mushroom sauce - use basic or lemon topping.
- Flaked smoked fish, tomatoes, double cream, basil and topped with cheese. 15 min. 180°.
- Pumpkin, potato and ginger - cook onion and fresh ginger in olive oil, garlic and spices; add parboiled potato and pumpkin cubes until crisp. Add lemon juice and Greek yoghurt, heat through and grill.
- Plain open mushrooms with reduced cream, and lemon topping. No need to pre-cook.

Toppings:

Basic - 2 oz Breadcrumbs, ½ oz butter, clove of garlic, pepper all processed.

Lemon - add zest & half juice of lemon

Cheese - stir in 2 oz grated cheese, pref. Parmesan

Nut - add 1 oz pine nuts or sunflower seeds

See also flavoured toppings in section 2.

Sauces:

reduced cream, Mornay sauce, bechamel, tomato.

Individual Vegetables

Many vegetables can be served on their own with an interesting accompaniment, e.g. tender broad beans cooked with a little chopped smoked ham, or parsnips in cinnamon, fresh asparagus with Hollandaise.

Artichokes: Clip bottom third of the leaves short, cook in boiling salted water until leaf easily detached. (30-40 min) Serve with melted butter or vinaigrette. Pluck and suck out the fleshiest leaves after dipping in sauce, cut away choke to scoop out the base.

Aubergines: attractive sliced with tomato & mozzarella; bake brushed with oil for 30 min. at 180°C, add stiff onion & tomato sauce, mozzarella dice and drizzle with oil. Cook another 15 min. & serve hot with pine nuts.

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Stuffed Vegetables

See Vegetable Methods, Fillings

Many stuffed vegetables can be eaten cold - omit any fatty ingredients such as meat which might congeal and use olive oil for cooking.

Fruit

Traditionally, these include

- melon with or without citrus fruits, raspberry or Parma ham;
- grapefruit grilled or as segments in salad (e.g. with avocado, prawns or watercress);
- tropical fruit individually or in mixtures.

Bruschetta, Crostini , Pastry Bites

□ Bruschetta are small rounds of bread lightly toasted and rubbed with garlic then drizzled with olive oil or topped with an assembly of almost anything, savoury or sweet. The topping may be enhanced by grilling. A mixture of chopped skinned tomatoes, garlic, basil and olive oil is common. Be inventive. Consider any pizza toppings. E.g.

- ▶ Chopped tomatoes & fresh basil
- ▶ Tuna & pitted black olives & sage
- ▶ Crispy bacon, grated cheese and tomato
- ▶ Duxelles with garlic & lemon zest

□ Crostini are large croutons spread with pate, grilled cheese, fruit etc. In my opinion a last resort!

□ Pastry bites are miniature tarts holding any flan mixture or crostini/pizza type topping, hot or cold. Make barquettes, tartlets, mini flans out of thin short crust, bake blind and seal. See section 3 for fillings and section 14 for pastry.

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Antipaste

Serve these in interesting dishes and with sauces and relishes to hand.

- ▶ Steamed asparagus or tinned artichoke hearts
- ▶ sliced tomatoes with fresh basil
- ▶ tinned tuna and/or sardines or mackerel
- ▶ prawns, scallops or smoked mussels
- ▶ ready to eat smoked products - salmon, mackerel, mussels, peppers
- ▶ cold meat (ham, salami, chorizo, red cooked pork, or Florentine, chicken tikka, sausages, pork pies)
- ▶ vegetables a la Grecque or Portugaise
- ▶ stuffed eggs
- ▶ dill or onion pickles
- ▶ avocado vinaigrette
- ▶ interesting cheeses (mozzarella, soft cheeses, mountain cheeses)
- ▶ olives, inc. marinated
- ▶ red/white bean salad
- ▶ marinated grilled vegetables
- ▶ small slices terrine or pots of pâté or rillettes
- ▶ fruit, fresh or dried
- ▶ freshly baked bread, interesting biscuits

Salads & Vinaigrettes

A restricted number of vegetables is best. Colour is important. Cooked green vegetables (al dente) and pulses both make good ingredients for starters, sprinkled with fresh herbs and a little dressing. See

Section 8. Avocados can be served halved with vinaigrette. Consider a warm salad or a salad of roast/grilled vegetables.

Custards

Cooked, finely chopped or puréed vegetables can be mixed with 7 fl oz double cream, 1 egg, 2 egg yolks & lemon juice and baked as a custard in individual pots in a bain-Marie 30-35 minutes at 170°C, covered in foil, until set. Serve with a tomato coulis.

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Consider:

- ▶ Blanched drained & chopped spinach, broccoli or fennel, sauteed in butter.
- ▶ Degorged, blanched and puréed rhubarb with chives, parsley & tarragon.

Option: Stir in a few cubes of cooked salmon or tuna before baking.

Chawan Mushi The Japanese bake their ingredients in a lidded pot submerged with egg custard. Marinate slices of raw chicken breast 1/3 inch thick and prawns in soy sauce, drain and arrange them with sliced mushroom, a slice of lemon peel in individual casseroles. Heat and season well a cup of dashi or broth per pot and pour into an equal number slightly beaten eggs in a steady stream. Then pour over the filling and bake in a bain-Marie 180°C for 15 minutes or until just set.

Further Ideas

★ **Triple combo 1**

smoked trout, tuna pate & prawns with salad, ginger aubergine slices or pink grapefruit & avocado salad.

★ **Triple combo 2**

smoked duck breast, duck pate & egg Mayonnaise

★ **Imam Bayildi** with fresh bread

★ **Indian combo**

onion bhaji, samosas etc. with raita dip

★ **Cold saute**

e.g. Saute fennel segments or leeks (tomato, lemon, garlic) with cold roast stuffing

Hot smoked fish moulds with Hollandaise sauce

Blend cold poached smoked haddock with 2 beaten eggs, 10 fl oz double cream, S & P, nutmeg.

Transfer to buttered ramekins lined with smoked salmon.

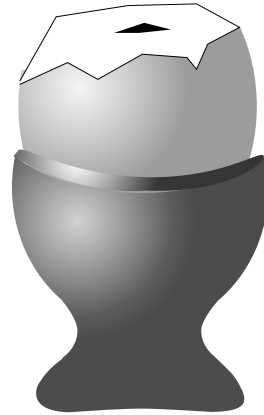
Bake in bain-Marie 30 min. at 190 C and turn out.

Meanwhile make the Hollandaise or use lemon crème fraiche.

7. Savoury Eggs & Cheese

A

basil, tarragon, paprika, butter, cheese, bacon
Eggs can be boiled, poached, scrambled, baked, fried, or in a custard, soufflé or quiche. Cheese can appear raw in salads, toasted, in a topping, sauce, custard, soufflé or quiche. See also cheese pastry, bread, vegetable main dishes, starters.



Egg Recipes

Boiled Eggs

With a spoon, immerse in boiling salted water for 5 minutes (Size 2), or hard-boil for 10 minutes and plunge into cold water to prevent yolks from blackening. Turning off the heat instead and leaving for 5 minutes produces a softer white and is called coddling.

Poached Eggs

(Steamed, rather) in a covered, non-stick tray greased with butter, until a tap shows that the white is quite set but the yolk still runny. Typically 5 minutes. Serve upside down on buttered toast or crumpets with salt and black pepper.

Scrambled/ buttered/ fondue

Eggs lightly beaten with seasoning are heated in a pan with a little melted butter. As the egg solidifies on the bottom of the pan it is lifted and stirred into the mixture until an overall creamy consistency is achieved. Serve immediately. Add 1 tbsp milk or cream for scrambled, add 2 oz grated cheese for fondue (see later for true fondue) use 1 oz butter per egg for buttered eggs and fondue. Most fillers used for omelettes can also be stirred into these mixtures.

Omelettes

Beat eggs without incorporating too much air and season well. Melt a knob of butter in a frying pan and when sizzling, pour most into the

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eggs, stir and pour the eggs into the pan. As the mixture solidifies, free edge and draw in with a spatula; tilt the pan to re-cover with fresh egg. When almost cooked through, add filling, turn over to form a semicircle and slide out.

Variations:

- Add eggs to fillings; when set, brown under grill (Spanish);
- when base is set, turn using a plate, cook both sides (Iranian);
- bake in oven at 180°C for 20 minutes (Kousa);
- separate the eggs, beat the egg whites and fold in the yolks (Soufflé - can be baked 190°C for 10 minutes or completed under the grill)

Fillings: sautéed onion, tomato, sweet pepper, courgette, boiled potato, pitted olives, celery, grated cheese, diced cooked ham, fried bacon, cooked smoked fish, mushroom (Duxelles), cooked chopped spinach, herbs, soy sauce.

Eggy bread

In a large bowl, whisk together 4 eggs, 125 ml milk, mustard and a little seasoning. Dip 4 slices of thick bread in the mixture, coating both sides. Heat a knob of butter in a large frying pan. When the butter starts to sizzle, place the bread in the pan and fry for 3 mins on each side, or until golden brown. Serve with bacon or top with the fried sliced mushrooms or other topping. The technique can be used on sandwiches - (e.g. Tomato & Mozzarella) assemble, seal then coat and fry both sides.

Egg Strips for Stir-fry

Beat 2 eggs with 1 tsp sesame oil, soy sauce & salt. Spread over a frying pan hot with sesame oil. Remove when set & allow to cool. Cut in strips.

Baked Eggs

Individually poured into buttered ramekins and covered with cream and cheese, poured into pockets in a stiff casserole, poached and transferred to casserole, hard-boiled and added whole or sliced to casserole. Bake at 180°C for 20 minutes if cooked and 30 minutes if raw until just set.

Casserole mixtures for egg pockets:

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- Onion/garlic/tomato/pepper based or Cream & mushroom with cheese topping or Spinach and ricotta or bechamel with cheese topping
- Bacon, boiled potato and sour cream (cook bacon in a little butter and add fat to the cream)
- double cream with a lot of grated cheese.

Deep Fried Eggs

Simmer 1 inch oil in wide saucepan. Crack in an egg & cook until white is set and crispy on outside.

Stuffed Hard-boiled Eggs (Cold)

Boil for 10 minutes, cool quickly under cold water and cut lengthways, remove yolk and store whites under water to prevent drying out. Mash yolk and mix with filling. Recombine and pour over mayonnaise flavoured with some of the filling.

Examples:

- Mustard mayonnaise (Stir 2 tsp mustard into 10 fl oz mayonnaise. Mash yolks with 2 tbsp mustard mayonnaise and recombine.)
- Watercress, chopped gherkin and paprika - flavour mayonnaise with paprika.
- Butter, soft cheese, chopped prawns, paprika
- Curry and mayonnaise
- Puréed spinach and cream cheese or ricotta - add a little spinach to mayonnaise
- Cheese and mayonnaise
- Tuna and Worcester sauce

Stuffed Hard-boiled Eggs (Hot)

Combine cooked egg yolk with other stuffing ingredients in the normal way. Put the egg halves cavity upwards in an ovenproof dish and distribute the stuffing between the cavities. Cover with bechamel and sprinkle with grated cheese. Bake 200°C 15-20 min. until browned.

Eggs Jacqueline uses 1.5 oz butter creamed with 4 egg yolks and paprika, mixed with 6 oz cooked prawns. Cooked asparagus surrounds the eggs before the sauce is poured over.

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Basic Savoury Baked Custard

Typically 10 floz hot (not boiling) milk/cream poured into to 1-2 eggs and 1-2 egg yolks, beaten & seasoned. Proportions vary: egg yolks and cream contribute richness, thickness and elasticity, whites increase set and lightness. Mix and bake in a buttered dish in a cold bain Marie for 35-40 min. at 170°C or fill a flan to form a quiche. In this case take account of the firmness or otherwise of the other quiche filling ingredients - 5fl oz each double cream and milk, 2 eggs and 1 yolk should cover most large quiches, depending on packing density.

Egg Salad

Quartered hard boiled eggs combine well with rice, pasta or potato salad. Use a creamy dressing and fennel seed.

Basic Quiche

Added Ingredients can incorporate any grated or cream cheese, herbs, cooked vegetables, fish or meats according to taste but try to avoid the mixture being too bland. Soften onion and garlic in butter (spices can be added) and blanch or steam other vegetables in small pieces al dente. Arrange attractive pieces in rings on the pastry (or buttered dish if omitting the pastry); mix remainder with basic custard mixture (above) and pour over. Bake at 190°C 30-40 minutes. See Section Fillings

Basic Soufflé

Make a scant 10floz basic Bechamel, cooking 10 min. and allow to cool a little. Add up to 8oz “additional ingredients & flavourings” well mashed, grated or finely diced. Anything which can go in a quiche can be used. Separate 5 large eggs and beat 4 yolks, stirring into the mixture. Whisk the whites until stiff but not too dry. Beat 2 tbsp into the mixture to loosen, then pour into the whites, folding lightly. Transfer to a buttered 1 litre vertical sided dish and bake on a baking sheet at 190°C for 30-35 minutes until skewer inserted in middle comes out clean.

Individual souffles use hot water bain Marie 185°C 20-25 mins . They can be cooled in their containers and reheated up to 24h later after removing and placing on a baking tray (15 min. 145°C).

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Roulade

Use either the basic souffle mixture or replace the Bechamel with 7flox curd cheese/cream mixture. Any additional ingredients must be finely ground. Bake on a Swiss roll tin lined with greased nonstick paper 200°C 15 min. and turn out onto a second piece of paper. Spread with a soft, stiff, ready to eat filling (curd cheese, thick tomato sauce, hollandaise) and lay a contrasting cooked vegetable (broccoli, spinach mushrooms, grilled peppers) in a thin layer over the top. Roll up and serve immediately or reheat in foil (160°C 15 min). Serve slices on a contrasting sauce. Variation - cook on layer of raw stuffing (bake 25 min); fill with veg purée.

Examples:

- roulade/filling/sauce
- cheese/ pepper&tomato/yoghurt&herb
- spinach/cream cheese/yellow pepper
- red bean chilli&tomato/sour cream&herb/avocado
- cheese&herb/mushroom/red wine sauce
- herb cheese/avocado, lemon&cress/tomato.

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Dairy Products for Cooking

Milk produces a wide range of products. Separating the butter fat from the butter milk provides cream, which when beaten forms first whipped cream then butter.

Cultured milk and cream.

Milk or cream can be treated with a culture to form soured cream, creme fraiche, yoghurt, Smetana, Fromage Frais. If, however, the milk/cream is first curdled then separated from the watery whey, then the resultant curds when treated end up as cheese. The longer they are allowed to ripen, the stronger in flavour and the drier and firmer they become:

Unripened Cheeses

Un-pronounced in flavour, these can be used in sweet or savoury recipes, with sugar, or garlic & herbs, or spinach.

low fat - Quark tr, cottage cheese 4% Ricotta 11%

medium fat Curd Cheese 10-20%, Mozzarella 21%

high fat cream cheese 50%, Boursin, Mascarpone

Soft, Ripened Cheeses

Feta, Brie, Camembert, Goats Cheese

Hard (pressed) Cheeses

Those with the holes in have mostly undergone heat treatment. Similar styles might be as follows:

Emmental, Gruyere,

Cantal, Havarti, Fontina

Cheddar, Cheshire, Gloucester

Pecorino, Parmesan, Grana Padano

Cheese

Best bought whole and cut or grated when required, many cheeses can be substituted for each other within the same category. Some do not brown and some do not melt, however. Store in waxed paper, not cling film.

Cheese can be incorporated into a white sauce for pouring or baking,

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mashed potato recipes, especially those involving browning, biscuits and scones, grated or cubed in salads, combined with egg in omelettes or quiches, grated and used in a gratin topping, cubed for use in potato pies or pasties or rice dishes.

Affinities: caraway, cumin or fennel seeds, eggs, spinach, chives, sage.

Vegetable & Cheese Soups

Prepare soup in the normal way. Off the heat stir in grated or crumbled cheese. Chopped chives optional.

Fondue

Crush garlic clove and rub round a flameproof casserole, leaving it in the bottom. Pour 4-5 fl oz dry white wine into the dish. Thin slice 7oz Gruyere, 7oz Emmental Add the Gruyere to the dish and heat quickly until the first bubbles appear then turn very low and stir constantly with a wooden spoon. Once melted, mix 1 tsp arrow root with 1 tsp dry white wine and stir in. Then 2 tbsp kirsch (optional) and the Emmental and stir to a creamy consistency. Add plenty pepper, remove from the heat and serve. Consume by dipping bread in on the end of a long fork. Drink the same wine and eat brown scrapings.

Cheese Puddings

- ① Soak 9 slices of bread in 6 fl oz milk. Line a baking dish with 8. Cream 1½ oz butter and blend in 3 egg yolks slowly. Stir in 1½ tbsp flour followed by the remaining slice of bread in pieces, 8 oz grated cheese, salt, nutmeg. Beat 3 egg whites until stiff and fold in. Pour into lined dish and bake 35-40 minutes at 180°C Serve garnished w/ bacon/tomato.
- ② Soften a chopped onion and pepper in 1 oz butter 10 minutes. Add 4 oz breadcrumbs, 1 tin tomatoes, 4 oz grated cheese, 1 beaten egg and Tabasco and seasoning. Stir in a little milk to form a soft consistency. Spoon into a buttered dish and bake at 190°C for 30 minutes until golden brown.
- ③ Mix 10 fl oz breadcrumbs with 10 fl oz grated cheese. Stir in 10 fl oz milk, 2 beaten eggs, 2 tsp mustard. Bake in small generously buttered pots 30-40 min. 165°C.

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Cheese on Toast

① Basic Recipe

Butter toast and spread with mustard. Optionally add bacon, fried onion and/or peppers. Cover with sliced cheese and grill until melted and bubbling. Optionally add poached egg.

② Locketts Savoury

Put layers of watercress, sliced pears, sliced cheese (pref Stilton) on toast on baking sheet. Bake 5-10 min. 175°C. Option: walnuts.

③ Red Wine Rarebit

Smear toast with mustard and put in a shallow baking tin. Pour 8 fl oz red wine into the tin and allow toast to soak it up. Cover each slice with cheese and grill in the normal way.

Alt: Grate cheese, add white wine and finely chopped garlic before grilling on toast as normal. Options, Sauteed onions & sage, peppers, beaten egg, fried mushrooms or bacon, Worcs sauce.

Cheese Sausages

Mix a large chopped onion, 3 oz grated cheese, 5 oz breadcrumbs, herbs, 2 tsp mustard powder and seasoning with an egg yolk and form into sausages. Dip in flour, then egg white and coat with dried breadcrumbs. Fry in oil until well browned.

Cooked puréed vegetables can be added such as spinach or peas to give flavour and colour.

Cheese Quenelles

Mash 6 oz Brie with 2 egg yolks and rub through strainer. Stir in 1 oz breadcrumbs, 1 tsp flour, 2 tbsp heavy cream and 2 tbsp milk. Season & chill 30 min. Shape with two dessert spoons and cook in simmering water until they rise to the surface. Remove with slotted spoon. Gather in an oven-proof dish, sprinkle with cheese and breadcrumbs and bake at 220°C for 10 minutes until coloured.

Baked Gnocchi alla Romana

Boil 20fl oz milk with 5 fl oz water and slowly and continuously stir in 4 oz semolina then 1 oz butter, nutmeg and seasoning. Cook 10 min. and

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off the heat blend in 2 egg yolks and 2 oz grated cheese. Spread thinly onto an oiled sheet and allow to cool. Sprinkle with 2oz grated cheese, cut into shapes and dot with butter. Bake 190° 15 - 50 min. and serve hot with melted butter.

Greek Cheese Pie

Basically a choux pastry with cheese and yoghurt filling: Beat 12oz flour with ½tsp baking pdr into a pan of boiling 4 floz each water & olive oil. Knead 10 min. and allow to rest 1h. Line a cake tin with 2/3 dough. Blend 12 oz each feta cheese and thick yoghurt, adding parsley, fresh dill, 1.5 oz chopped onion for last zizz. Season & fill. Cover with remaining dough. Cut 2 shapes in top and move pieces round 90 degrees to decorate. Glaze with egg & sesame seeds. Bake 180°C 60-70 min; serve warm.

Savoury Cheesecake

Simmer vegetable in 10 floz double cream until soft & purée. Cool somewhat and process with 3 eggs, 9 oz curd cheese or Ricotta, ½ clove garlic, 1½oz Parmesan, S & P. Bake in greased, crumbed tin 50-60 minutes 175°. Cool. Works well with watercress, spinach, peas.

Cheese Cheesecake

Base: Mix 4 oz white breadcrumbs, 2 oz Parmesan and 1 oz melted butter. Press into tin with removable base and bake 10-15 min. at 190°. Filling: Process 3 eggs with 8oz medium curd cheese then 4 oz fromage frais or cottage cheese. Stir in 4 oz grated cheese and 2 oz Parmesan, chives or toasted cumin/fennel seeds. Bake 30-40 min. 180° until set. Cool a little before serving. Option: when cool top with sieved jam or lightly poached apples.

Cheese and Olive Cake

Most cheese puddings are variations on a breadcrumb stuffing. This is a cake made with flour. Mix 10 oz flour with 4 tsp baking pdr, salt and then 4 eggs, 5 floz white wine and 4 tbsp olive oil. Stir in 6 oz each of sliced pitted green olives, sliced mushrooms and grated cheese. Bake in a greased loaf tin 10 min. at 240° then 40-50 min. 190° until brown and shrinking from the sides. Serve hot.

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See also Greek Cheese Pie

Cheese and Nut Balls

See Pulses & Grains

Goat's cheese croquettes

200g goat's cheese, 2 tsp chopped Thyme, 3 tbsp olive oil, 4 tbsp fine breadcrumbs, 3 tbsp flour, 2 large egg yolks.

Mix the thyme, cheese and seasoning. Pour over oil and chill several hours. Preheat oven to 200. Toast breadcrumbs 8 minutes. Roll each patty in flour, dip in egg and roll in crumbs. Bake 10 minutes.

Choux Au Fromage

See Baking for basic choux recipe. Incorporate finely grated cheddar or Gruyere/Parmesan cheese into the beating. Consume warm or fill with cream cheese mix.

Cheese Straws

Add finely grated cheese and pepper to any puff or flaky pastry when rolling and folding. Sprinkle a little on the top after brushing with milk. Include mustard or tomato ketchup if desired. See also: biscuits, pasta dishes

8. Fish & Seafood

A *Fennel, leeks, saffron, celery seed, lemon, thyme, rhubarb, parsley*



Classification

white	bass, bream, cod, coley, haddock, hake, monkfish, mullet
oily	herring, mackerel, pilchard, sardine
freshwater	salmon, trout
meaty	shark, swordfish, tuna
flat	dover sole, lemon sole, plaice, halibut, turbot
shell fish	crab, crayfish, lobster, prawn, clam, mussel, scallop

- Methods: Bake, Fry, Grill, Poach, Steam. Watch-points: Fish cooks fast; check frequently to avoid overcooking. Fragile; do not boil. Ensure white and flat fish do not dry out. Ensure oily fish can drain: slash then grill or fry, or fillet and bake. Flat fish lead themselves to shallow frying or grilling. Freshwater fish bake in foil
- Time: 10 min/inch thick, double for frozen
- Temperature: Hot
- To tell when ready: part flesh carefully at thickest part - it should be opaque right through to the centre.
- Preparation: Descale then Clean. Fish can be firmed up by coating in rock salt and leaving for 30 min.
- Descaling: Rub blunt end of stout knife from tail to head.
- Cleaning: Use a very sharp knife to slit along belly. Use fingers or spoon to remove innards. Remove gills as these have unpleasant taste. Wash thoroughly.
- Storing: after any cleaning store in flat dish sealed with cling film and surround with ice cubes, store in bottom of fridge. Use in 2 days.
- Cooking from Frozen: Fish steaks can be cooked from frozen - steamed, grilled, baked, poached or micro-waved. To speed

Fish & Seafood 8.2

cooking, cut in bite size pieces or defrost in microwave first. Thaw whole fish. Prawns, scallops and mussels can be added frozen to soups & stir fries or thawed for use in salads, sandwiches and pies.

- Microwave cooking: Sprinkled with a little juice and covered, 1 lb fresh fish will take about 3-5 min.
- Pre-cooking: Microwave and remove all skin & bone. Strain liquor for sauce. Flake fish and put to one side. Add to cooked pilau rice or pasta, to soup or add to a sauce. Bind with saffron mayo for a salad or stir into a mushroom, leek or tomato sauce and serve over pasta

Saffron Cream Sauce

Heat a pot of double cream and simmer to reduce, adding any strained liquor or fish stock cube. Add saffron and simmer 10 min. For saffron mayonnaise cool, stir and add 25% mayo. Goes well with leek or mushroom sauce.

Cold Fish

Smoked fish

Sold ready to eat, allow to breathe, skin and serve at room temp with watercress and a yoghurt, horseradish and/or orange dressing or flake & add to quiche or scones.

Potted Fish (Salmon)

Simmer cubes of fish gently in 10 fl oz clarified butter with softened shallots, nutmeg & seasoning until cooked through. Distribute among moulds with tarragon & parsley; top up with the butter. Chill.

Marinated Fish

Marinating adds flavour to fish. With raw fish, using a cold marinade, generally works best with white fish - do not leave in marinade too long. With cooked fish in a hot marinade is best with oily fish, tuna, salmon.

Cold marinating: ceviche (for fish & seafood)

For 6: 500g firm white fish fillets, juice of 3 limes, Juice of 2 lemons, Juice of 1 orange, 1 red chilli, deseeded and chopped, 1 clove garlic, peeled and crushed, 1 tsp caster sugar, 1 red onion, peeled and sliced, 2 inner stems of celery, sliced, Salt and freshly ground black pepper.

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Trim the fillets carefully to remove all bones, skin, scales or membranes. Slice into pieces about 2 inches long and at least ½ inch thick or they'll turn mushy. Pour the lime juice over the fish and toss lightly. Refrigerate while preparing the rest of the marinade. In a bowl, mix the remaining juices with the other ingredients. Taste the marinade and adjust to taste - it should be citrus-sharp, but fragrant and with a hint of sweetness. Pour over the fish. Add the onion and celery and mix it all together. Leave in the fridge for at least 15 minutes but no longer than an hour. Serve in little bowls, with a generous portion of the marinade along with the fish and vegetables and toasted crusty bread.

Hot marinating: Escabeche (also used for meat)

For 6: Olive or rapeseed oil, for frying, 12 fillets of mackerel or herring

For the marinade: 100ml cider or balsamic vinegar, 200ml apple juice, 1 hot red chilli, finely chopped, 2 shallots or garlic cloves, peeled and chopped, a couple of bay leaves, Grated zest of 1 lemon, Salt and freshly ground black pepper

Heat a little oil in a non-stick frying pan over a medium-high heat. Fry the fish fillets, in batches, for a couple of minutes each side, until lightly coloured and just cooked. Transfer to a large dish in which they will fit snugly in one layer. Add the remaining ingredients to the frying pan. Heat until simmering, then cook for a couple of minutes, scraping up any crispy bits from the pan as you do so. Season well with salt and pepper. Pour this hot marinade over the warm fish fillets in their dish, to cover them completely. Leave to cool, then chill for a few hours - or up to 24 hours - before bringing back to room temperature. Serve with lots of bread for mopping up the marinade. You can add and cook fennel and other vegetables to the marinade for variation.

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Fish in Salads

Cooked peeled crustaceans, poached, baked or grilled fish kept moist as it cools, flaked, boned and fresh. White fish lacks flavour and should be cooked in a well flavoured marinade (Thai, citrus, tandoori). Bind with a vinaigrette made with the same flavours, or a flavoured mayonnaise (lemon, curry). Grilled fish fillets can be sliced and served hot.

Fish combines well in a rice or pasta salad; cook the rice in fish stock and bind with saffron cream sauce sharpened with yoghurt, lemon juice or mayonnaise.

Rice and seafood salad

Prepare saffron rice using a fish stock cube, paprika and lemon zest. Throw in some finely diced leeks 5 min. before the end.

Prepare the fish and drain well. Drain thawed prawns. An hour before eating combine the rice with vinaigrette or mayonnaise dressing and fold in the fish and any vegetables. Lift with black pepper and fennel seeds to taste. Cover and allow to “set” but do not refrigerate.

Suitable vegetables: poached fennel, courgettes, skinned and de-seeded tomatoes, celery.

Kedgeriee - see 13. Pulses & Grains

Steamed Fish

Common in Chinese cooking. Use high quality white fillets. Firm up by rubbing with salt for 30 min. Steam on a plate scattered with fresh ginger, covered tightly until just cooked through. Sprinkle with light soy sauce & spring onions. Brown garlic slices in ground nut and sesame oil and pour over.

Cooking Mussels

Thoroughly wash and scrape off any extraneous bits such as beards. Discard any that do not close when given a sharp tap. Cook fast in a large enclosed pan with a little liquid (e.g. wine) and flavourings, turning occasionally until they have opened. Strain the liquor well, omitting the last gritty tbsp and pour over before serving or reduce and incorporate in further cooking. Ideas: grill in single shells with garlic butter, spice paste, pesto. Add shelled, to pasta or soups.

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Poached Fish

Suitable for most fish, to ensure it is succulent and tender

Use a container which minimises the required quantity of liquor. If fish pieces are long, place a piece of foil under for lifting out.

For liquor use fish stock, court bouillon, wine with lemon or orange & herbs, soy sauce/sake/ginger, coconut milk etc. Use milk and water with smoked fillets.

Cover with foil, bring slowly to simmering and simmer **very** gently (60°C) for 5 to 20 min. according to thickness. If serving cold omit up to 10 min. and allow to cool in the pan. Strain liquor and use for sauce.

🐟 make sauce from reducing strained liquor to ¼ by boiling; add double cream, white wine & quartered mushrooms. Add eggs, prawns, cooked scallops and serve. Note: halved scallops will cook in the time taken for the poaching liquor to cool.

🐟 simmer 5 floz each wine and water with 1 tbsp wine vinegar, ½tsp mace, ½tsp cloves for 5 min. then add scallops cut horizontally. Remove after 5-10 min. Serve with liquor thickened with beurre manié.

Fish Poached in Curry

A quarter pint of stock AND OR coconut milk, is simmered with fried onion, garlic, ginger, mustard seed, coriander, and enriched with butter and lemon juice. Tamarind, lemon grass, blachan and soy sauce are optional. As are cumin/ turmeric/ Laos powder.

When thickened to the desired consistency the fish is added and cooked, about 8 minutes.

Chinese Fish Balls

Blend 1lb filleted white fish with 1 egg white, 2tsp cornflour, 2 tsp sesame oil and seasoning. Poach balls in simmering water until they rise to top. Drain. Reheat in Wok with parboiled broccoli pieces, ginger, bacon, soy sauce, rice wine & stock.

Quenelles - see starters

Sousing oily fish: See section 3, marinades for ingredients. Simmer 20 min. & strain. Add the fish, bring back to a simmer, sweeten to taste with balsamic vinegar.. Serve with some of the juices and chives.

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Fish in Soups & Stews

The casserole is prepared using normal flavourings, vegetables and fish stock. Use any non-oily fish. The fish is added last and poached in the liquids. Small pieces take only 2-3 minutes.

Fish Stew/Chowder

Cook gently 3 oz blanched smoked ham/bacon in oil, adding 8 oz sliced onion. When soft add 1 tbsp flour, 20 floz stock, 1 lb thin sliced potatoes, herbs (thyme, lemon grass) and bay leaf. Simmer until soft. Add up to 10 floz milk and when almost simmering add 1 lb flaked raw fish (can be frozen) and simmer gently until cooked through. Option: add fromage frais. Alt: use mussels & mussel stock.

Basic Fish Soup

Sweat gently 6-8 oz vegetables (onion, leek, celery, celeriac, fennel) with 1 clove garlic in 1 floz olive oil until quite soft. Add 4 oz chopped tinned tomatoes, ½ red pepper, orange zest.. Add 1 lb filleted fish then 20 floz fish stock and hint of orange juice and simmer 30 min. with saffron, bay leaf & thyme. Add 2 oz prawns, simmer 10 min, liquidise and sieve. Serve with garlic croûtons. Alt: use other citrus, veg. Option: don't liquidise/sieve.

Mussel & Saffron Soup

Cook the mussels in 2 floz wine. Sweat 1 lb leeks and a little chopped onion in butter. Stir in a little flour and the strained liquor, then 15 floz fish stock. Add pinch of saffron and simmer 20-30 min. Add most of the prepared mussels and liquidise. Reheat with a little double cream and mussel garnish.

Spicy Fish & Noodles

Process or pound spices with onion, garlic, ginger etc and saute in peanut oil to cook. Add 10 floz fish stock, then fresh noodles and simmer with pieces of fish and seafood until cooked. Try Thai or Indian spices. Also works with vegetables.

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Baked/roast Fish

Always use a pre-heated oven since cooking time is short. 180°C or higher. Times vary with thickness.

Fish, Fillets or Steaks Baked In Foil

Assemble each fish steak or fillet on a piece of oiled aluminium foil with butter, lemon, herbs, salt & pepper. Form a cup and seal loosely. Place on a tray and bake at 190°C until just cooked through - look after 12 min. Opts: sun dried tomatoes, olives etc.

🐟 Suitable also for whole white fish (bass, haddock, grey mullet - fill the gutted fish with lemon slices and fresh herbs and moisten outside with a dash of wine. Or fill filleted whole fish with a stuffing of softened onion, bread crumbs, lemon rind and juice, pepper and a beaten egg, or fill with flavoured butter. Allow 25 min.

🐟 Eat hot or cool in foil for picnics etc.

Simple Baked Fish Fillets in Wine

Put the fillets skin side up in baking tin in single layer. Pour in white wine half way up and add a good dollop of butter. Bring to simmering on hob while oven heats to 190/200°. Cover with foil and bake 10-15 min. according to thickness, 20-30 min. if frozen. Remove foil half way through and turn fish over. Baste occasionally. Works well with most fish, with fish steaks also.

White Fish Fillets Baked In A Purée

Make a good thick tomato sauce with olive oil, onion, tinned tomatoes and 1 tsp dried basil. Add sliced mushrooms and simmer ten min. until like a thick purée.

Arrange fish in shallow oven proof dish, sprinkle with lemon juice, cover with the hot sauce, top with breadcrumbs and bake 190°C, 25 min. If desired top with olives. Or use another sauce such as a curry paste (blend to taste and reduce a selection of ginger, garlic, coriander/ cumin/ turmeric/ tomatoes/ peppers/ yoghurt/ cream) or lemon veloute, stabilised yoghurt. Stir juices to recombine before serving.

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Fish Steaks Baked With Vegetables

Line a greased shallow oven proof container with sliced vegetables. Add the fish steaks or fillets and cover with similar or contrasting vegetables. Add wine or oil & lemon and bake (initially with foil but remove to brown) 200°C, 20-30 min. Test fish as usual.

1) Ideal for scaled mullet steaks or whole red mullet. Cover with finely sliced celery and fennel and a sliced orange. Lay fish on top, season, dot with butter, cover with another sliced orange and pour in wine.

2) Use any white fillets in a bed of sliced onion & courgettes then top with sliced tomatoes. Use olive oil, lemon juice and oregano or basil, and add grated cheese.

Baking Frozen Steaks

- (1) Place on a greased baking tray. Brush with melted butter, sprinkle with tarragon and seasoning. Bake 180°C for 20-25 minutes
- (2) Grease a baking dish, put in the steaks, cover with poaching fluid or sauce or add tinned chopped tomatoes, sprinkle with garlic, herbs and olive oil and bake at 190°C for 25-30 minutes, stirring and turning carefully halfway through. Option cover with garlic breadcrumbs.
- (3) In a shallow cast iron casserole, fry onion & pepper rings and add mushrooms & garlic. Add fennel & cumin seeds and turmeric then two tins roughly chopped tomatoes and bay leaf. When bubbling put in oven. After 15 min. adjust the liquid and seasoning and stir in the fish, cut into pieces. After 10 min. stir in frozen prawns. Continue 5-10 min.

Flash Roast Fish

Brush with oil & bake in tin 230°C, 6 min. or so; glaze with butter/soy or tomato purée/oil/vinegar.

Flash Roast Fish Fillets:

Dust with flour and place skin side down in a baking tray containing 1 oz sizzling butter. Cook 2-3 min. then turn. Bake in oven 200°C 4 to 8 min. according to thickness.

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Fish Pastry, Pies & Crusts

Fish Flans

1. Poach (or foil bake) any non oily fish and use juices to make a veloute as for pie. [Or poach in 10 floz double cream and use this, adding softened onion and Parmesan if desired]
2. Arrange the filleted, flaked fish in a flan case baked blind (Section 17).
3. Beat 2 eggs into the sauce and pour over. Optionally cover with a single layer of thinly sliced tomatoes and/or scatter with grated cheese. Bake 25 minutes at 190°C.

Other fillings:

- 🐟 Cooked leeks, hard-boiled eggs and smoked haddock
- 🐟 Prawns, hard-boiled eggs, boiled rice and curry bechamel (sprinkle top with paprika; no need to bake)[use poached fish and bake in double crust for Coulibiac]
- 🐟 Salmon & mushrooms in dill bechamel

Filleted Fish Baked With A Crust

The fish is lightly poached (avoid milk) to stabilise and the liquid used to make a sauce. Vegetables may be pre-cooked in strained poaching fluid (onion, celery then potato & leeks). Also hard-boiled eggs and/or prawns or smoked fish or smoked bacon. Combine with flavourings & moisten with poaching fluid slaked with cornflour, or a veloute, tomato sauce or mushroom sauce. Bake in shallow oven proof container with topping of breadcrumbs, zest of lemon, garlic and herbs, grated cheese, 190°, 20-30 min. Raise temperature at the end to brown if necessary.

Fish Pie

Method as above but cover instead with fresh buttered seasoned mashed potato, mashed potato and celeriac or fennel, cooked sliced potato with or without cheese, Anna potatoes with or without fennel, short crust pastry, spinach purée topped with Parmesan & breadcrumbs, parboiled, grated potato and cheese, rösti.

Note: You can pre-bake the fish in its container in a bechamel rather than pre-poach. Stir in to recombine juices with sauce.

Fish Crumble

As above; see section 17 for the crumble recipes

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Grilled Fish Fillets With Cheesy Topping

Suitable most white fish. The wine protects the grill pan. Heat the grill. Remove rack and pour in white wine to cover. (Or use individual flame proof gratin dishes, preheated) Add fillets skin side down. Top with a mix of buttered breadcrumbs, herbs and grated cheese and grill 4 to 6 min. **Other toppings:** Lemon or Provençal. If using frozen steaks, cook more slowly (20 min), turn half way through, add topping for last 6 minutes and TEST IF HEATED THROUGH

Rösti topping for pies

Use desiree potatoes, boiled 12 min, cooled and peeled. Grate coarsely into bowl. Season and add 1 oz melted butter/lb potatoes, mixing lightly with 2 forks. Scatter with 1 oz grated cheese/lb potatoes before baking 35 min. 220°C You can cheat by making Rösti as normal and add to warmed filling.

Steamed Seafood Puddings

Use suet pudding recipe. Filling from cooked seafood bound in a sauce such as milk and tuna processed to a cream. Flavour with fennel/ lemon zest.

Coulibiac

Lay out a rectangle of raw puff pastry on a greased baking sheet. Cover with cold mushroom pilau, seasoned with lemon zest & juice, leaving a 1 inch border. Cover with par-cooked (baked/poached) cooled and filleted salmon and hard boiled eggs with dill & parsley and then the remaining pilau. Brush the border with melted butter. Take a larger rectangle of pastry and cut into it so it forms a lattice when stretched. Lift over and seal the edges, crimping well. All this can be done in advance. Brush with beaten egg and melted butter and bake 20-25 min. 210° until golden, Stand 10 min. before serving.

Layered Buckwheat Pancakes W/ Smoked Salmon, Cream Cheese & Chives

Assemble alternate layers, starting and ending with pancakes. Chill before serving cut in wedges. Use 50% buckwheat 50% plain flour for the pancakes.

With Yorkshire Pudding

G Rhodes suggests as accompaniments to fish Yorkshire pudding with fish gravy and shrimps, and Gremolata mashed potatoes

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Shallow Fried Fish

Ideal for white fish, freshwater fish, flat fish, fillets or small whole.

Frying is prone to sticking and best done in a non-stick pan. To minimise the risk ensure fish is at room temperature, dry, and turn rarely, typically only once. Optionally flour and cook at a fast heat, 10 mins/inch.

Heat a wide frying pan on medium high. Add the oil and then butter, the minimum consistent with the coating adopted. Pat the fish well dry and season to taste. When the butter is sizzling add the fish to the pan skin side down. Typical fillets 5 mins per side.

Thin fillets: As it cooks the translucency disappears from the outside in. When it almost reaches the centre (about 3 minutes) turn over and switch off the heat. Allow 2 minutes to finish cooking.

A ribbed pan: You can dry fry thin fish in a ribbed pan; brush first with oil - do not turn but leave until cooked through to the top, 4-8 min.

Coatings: Coatings are not essential, but the following are options:

- Seasoned flour alone.
- Breadcrumbs - see coating fish, on following page.
- (Dry fry only) Coat with plenty soy and sherry or balsamic vinegar or yoghurt, lemon, horse radish & coriander and fry coated side down first.
- Batter - 75g plain flour/cornmeal, 1 tsp baking powder, salt & pepper, 100ml pale ale. Gradually add the ale, whisking continuously to just combine.
- Wrap spiced and seasoned fish fillets in Chinese rice paper or bacon before frying. Serve with virgin sauce.

Sole Meunière

Skin and dust with seasoned flour. Melt 3 oz butter in a pan and decant the fat into frying pan leaving the curds. Heat to rippling, add fish and fry both sides fast. Remove to warm plate. Wipe pan and add 1 oz fresh butter and the curds. Heat gently until pale brown; add a squeezed lemon, pour over and serve.

Stir Fry

Marinate fish fillets or flakes (4 tbsp lemon juice, 4 tbsp soy sauce,

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garlic, ginger, chilli) and add to the stir-fried vegetables with marinade. Lower heat, cover and steam 4 min. or until cooked, shaking occasionally and turning ONCE ONLY.

Jumbo Prawns And Avocado Stir Fry

Stir fry half a chopped onion in sesame oil with an inch of ginger. When soft add a little curry paste or coriander and fry a minute. Add tomato paste and juice of a lemon and fry a minute. Add the prawns and stir-fry until thawed. Add coconut milk powder and blend in. Season. Add sliced avocado and warm through.

Anatomy of a Fish Cake

Use equal quantities of fresh cooked flaked white fish and mashed potato. Mash together until smooth with 1 oz butter and seasoning to taste. Pat into any flat shape, cover and chill in refrigerator.

Brush with egg and sprinkle with breadcrumbs before frying in butter/oil or baking at 200° until warmed through and golden brown, typically 20 min.

Options:

- ▶ Traditionally add chopped parsley but any fresh soft herb will do.
- ▶ Salmon can be substituted, in which case use dill.
- ▶ Stuff with cooked chopped prawns or other cooked seafood or Boursin.
- ▶ Replace breadcrumbs by sesame seeds or chopped nuts.
- ▶ Pep up with cayenne, tabasco, lemon zest, spices
- ▶ Moisten with a little cooking liquor but keep the mixture stiff.

Coating Fish

For baking, frying or grilling 800g fish fillets: ½ lemon, 4 tbsp flour, 2 eggs, lightly beaten, 150g breadcrumbs, herbs, seasoning. Put the flour, lightly beaten eggs, and breadcrumbs & herbs in three separate deep plates. Rinse fillets, pat dry. Drizzle the juice of lemon over the fish. Pat dry again and season. Dip into the flour and gently tap off the excess. Dip into the beaten eggs, allowing the excess to drip off, and then into the breadcrumbs (pressing down gently).

Cook the fillets on each side for 2-3 minutes. Carefully turn so they do not fall apart using two spatulas.

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Grilled Fish

Wash fish thoroughly and pat dry, removing any protruding bones. Heat grill to medium, oil the rack or baking sheet and brush the fish with oil and lemon juice.

With fillets & steaks you can marinate for one hour then grill approx 6 min. total, basting occasionally. If using a preheated baking sheet there is no need to turn the fish.

With whole fish, make a few slashes to the bone along both sides of each fish, then season in and out with herbs, lemon rind/juice and pepper, rubbing into the cuts. Leave to permeate a few hours if possible; grill approx 5 min. on each side depending on thickness.

Serve with a strong sauce or salsa (lemon tomato, rhubarb and ginger, red pepper, spinach)

Many flash roasting recipes are suitable for grilling, with the fish turned half way through.

Adding fish to rice and pasta

Rice: Use the pilau method, with fish stock, add the raw fish pieces 6-10 min. before the end according to size. Stir in and allow to stand, covered, for another 5 minutes. See also ☺ Kedgerree

Or in a risotto, using fish stock and adding flaked fish shortly before risotto has completed cooking or cook separately and add at the end..

See ☺ 5.7 Smoked Haddock Risotto, Seafood Risotto

Pasta: add to the sauce & simmer until cooked. Serve with cooked pasta immediately. See also ☺ 5.9 Tuna and Pasta Bake

Couscous: add to a sauce and then add the sauce to the cooked couscous, in a similar manner.

Microwaving Fish

Microwaving in an enclosed container on a rotating turntable gives a result similar to steaming. The timing is critical, being around 2-3 minutes for two fillets of salmon and is dependent on the power of the device. For two fillets try 2 min. then continue at 30 second intervals until cooked through. Herbs and spices can be sprinkled over. Ideal for salmon and white fish fillets.

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On Lobster

For a main course you need one medium lobster per person. To prepare the ready-cooked lobster, remove the legs and claws with a twist. Cut down lengthwise along the body to make two symmetrical halves. Remove all grey slimy bits and reserve the white meat and coral. Clean the shells if serving the meat in them. Bash across the claws with the thick part of a heavy knife and pull apart to expose the meat. Use the legs and remaining claws to make stock.

To serve hot: ❶ Prepare a mustard cream sauce. Mix in the coral then stir in the meat. Pack the shells and top with any topping for a gratin. Bake 15 min. 200° until top is brown and sizzling.

Or ❷ assemble the meat in the shells and top with garlic butter. Grill until sizzling.

To serve cold: ❶ Bind meat with mayonnaise
or ❷ use this sauce recommended by Elizabeth David: combine 2 crushed shallots, 12 drops soy sauce, lobster cream & coral, 1 tsp chopped tarragon & parsley, 1 tsp mustard, 2 tsp Anisette, 4 tbsp olive oil & juice 1 lemon

Lemon butter sauce and topping

50g breadcrumbs, grated zest of 1 lemon, 25g grated Parmesan, 2 tbsp chopped parsley, salt and pepper

Mix the breadcrumbs with the grated lemon zest, grated Parmesan, chopped parsley, salt and pepper.

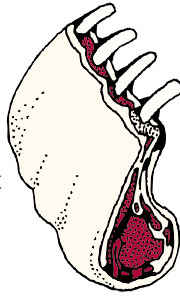
Use the lemon in lemon butter sauce:

Melt butter in a small pan, leave until it turns brown and the smell suddenly changes and becomes nutty (beurre noisette) – about 3 minutes, stir through lemon juice and use immediately.

9. Meat & Poultry

A Affinities

- ★ **for chicken:** lemon, ginger, garlic, olives, mushrooms, tarragon, thyme, coriander, fennel
- ★ **for pork:** Chinese flavours, well soaked prunes (don't burn!), marjoram, ginger, sage, curry, figs
- ★ **for lamb:** apricot, rosemary, garlic, rhubarb
- ★ **for beef:** basil, thyme, beer, wine
- ★ **for game bird** casseroles: orange & hazel nuts, mushrooms & sherry, fennel.



Theory

Meat consists of bone, gristle, fatty tissue and muscle tissue, each with its own characteristics and cooking rate. Muscle, which provides the protein, is in the form of fibres. which can cause one form of toughness. The fibres can relax at the butcher's and benefit from hanging, but as heat is applied, they initially contract, toughening the meat. With continued cooking in moist surroundings they eventually relax again and start to disintegrate but if dry will remain tough. For this reason, meat is usually cooked fast and quick (if originally tender) or long and slow (if tough; the parts of the animal which work hardest are both the toughest and tastiest parts - e.g. the front legs and necks of grazing animals). Meanwhile, fat provides flavour, succulence and richness and good meat should be marbled with it. Cooking gradually melts the fat, keeping the meat moistened. Collagen (gristle) provides flavour and glossiness good for stock but takes the longest to cook, melting into gelatine and relaxing its toughness. To maximise the benefits of all constituents cook young, tender meat fast and absolutely no more than necessary, serve pink after allowing a while for meat to relax; cook old or tough meat long and slow in a moist atmosphere. The two opposite techniques are represented by grilling where the outside is browned yet the inside has not become hot long enough to dry out and slow moist casseroles where the flesh almost melts off the bone and the excess fat

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and gristle are dissolved. When cooking large pieces of meat, there is a limitation placed on the cooking rate by the time the heat takes to travel into the centre; high temperature roasting is only appropriate for small tender joints such as fillet, otherwise the outside would be burnt by the time the inside was cooked

Muscle toughness can be partly reduced by cutting across the grain into smaller pieces. (Ultimately by mincing, but this loses all original texture and maximises the surface available for loss of moisture.) Always allow meat to attain room temperature before cooking. Also allow the meat time to rest after fast cooking so the fibres have time to relax.

The techniques are illustrated below, starting with those appropriate for tender cuts and progressing on to the tougher ones.

Cooking temperatures & times given in appendix 4. Thin shapes need less cooking time.

Grilled Meat

For tender cuts. Cook fast to avoid drying out, larger sizes further from heat. Baste in marinade or cover with oil and garlic paste. Do not salt until the end as it draws juices out. Grill beef hot, turning once, but do not over cook. Start lamb and pork hot but lower grill pan after 2 minutes each side, turning occasionally. Test with a finger - it should resist pressure but still retain resilience when medium. Confirm with skewer test. Allow to relax a few minutes in the warm before serving. You can protect the pan by lining with foil. See Marinades

Grilling Steak

Set grill to maximum for 10 minutes; brush both sides of the steak with oil or oil based marinade and put on rack 3" from heat. Brush from time to time. If browning too fast, lower the grill pan. Turn just over half way through expected time, approx. 6 minutes per inch. Test early with finger. Serve with deglazed marinade basting or a separate sauce.

Other meats - cook slower (4" away).

Grilled chicken strips - marinate strips 5h in spiced marinade. Grill (preheated & hot) on foil 10 mins per side.

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Grilling Chops

Remove much of the fat and cut through the rest so that it does not buckle the chop when it contracts. Do not grill pork too fast as it needs to be cooked right through. Start 4 inches from the heat and if it seems to be browning too fast lower even further. Lamb can be done as per steak or pork according to whether or not you like pink meat.

Grilled Leg Of Lamb

Bone & butterfly. Marinate overnight, grill slowly, 20 minutes per side, reducing heat after 5 minutes.

Dry Frying

For flat steak, chops, escalopes etc. at room temp. Use a heavy ribbed pan. Heat it first (medium heat, 3-6 mins) - test with drop of water. When it sizzles, brush meat (not the pan) with oil or oil based marinade (strained of solids which may burn) and lay in the pan. Allow a crust to develop before moving. Turn infrequently. Test as grilling.

Chicken Escalopes With Parma Ham

Bat out chicken breasts to form ¼” escalopes. Season, sprinkle with chopped sage and cover with Parma ham. Cook ham side down 1 min, turn and complete cooking. Serve with a squeeze of lemon.

Stír Frying

For tender meat. Prepare ingredients in advance Cut across grain into equi-sized match strips or thin slices & marinate 15 minutes or more. Chicken: coat with 1 tsp cornflour and 1 egg white. Other: use cornflour & soy marinade. Part cook any cut root veg etc. in microwave. Heat wok & THEN add oil; ginger and/or chilli can be first fried on medium to impart flavour then discarded, ginger and garlic can be added to marinade & cooked with meat or added with onion. Get oil just smoking; brown/white drained meat fast until slightly firm, shaking & stirring from middle to edge; remove & drain; wipe pan & fry vegetables in 1-2 tbsp clean oil according to quantity; at end lower heat, cover and shake to soften further in steam if desired; return drained meat & reheat with marinade or fresh sauce 1-2 min. according to quantity and required dryness. Do not crowd pan or ingredients will steam.

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Times: *See appendix 4 page 2.*

Marinade/sauce For Stir Fry

► Soy: 1 tbsp dry sherry, 2 tsp soy sauce, ½ tsp sugar, ½ tsp sesame oil {option: ½”ginger/2 cloves garlic, chopped fine}, optionally add 1 level tsp cornflour.

► Lemon sauce:. 2½ floz stock/water, juice ½ lemon, 2 tsp sugar, 2 tsp soy sauce, 2 tsp dry sherry, ½ tsp chopped garlic & hint chilli. When simmering add 1 tsp cornflour in 1 tsp water.

► Curry: a1 tbsp curry paste, balsamic vinegar, garlic herb seasoning, olive oil lemon juice and fresh lemon zest

Shallow Frying

A general purpose method for steaks, chops, breasts & escalopes, including a final braise for less tender cuts. Heat oil & butter in wide pan and when sizzling pat meat dry and distribute in it. Brown well both sides; escalopes 2 minutes per side, pork fillet medallions 3½ min.per side, other cuts 6-7 minutes per side (chicken with skin, skin side first). Remove meat and pour off any excess fat before deglazing the pan with lemon juice or wine. If frying other ingredients (bacon, onions, mushrooms, peppers) do this now after wiping the pan if risk of burning, and replacing some oil. Return deglazings and up to 6 floz sauce ingredients, then the meat. Cover and simmer gently for the remainder of the time, typically 10-12 min.for chops, other cuts longer. The sauce should have thickened, otherwise remove meat and reduce. For sauce use wine or water and lemon juice, tomato purée or vinegar, or cream with mustard, spices or cider. Some combinations:

- ★ pork, onion, bacon, white wine, cream (Ardennes)
- ★ pork, onion, red pepper, wine & tomato purée
- ★ chicken, mushrooms, cream and orange zest
- ★ pork, onion, bacon, garlic, beer, sauerkraut
- ★ rump steak, onion, mushrooms, sour cream (stroganoff)

Chicken With Lemon & Olives

Brown chicken well in olive oil & reserve. Saute onion & until golden. Add saffron, turmeric & 4 oz stoned olives. Simmer 2 min.& return chicken. Add juice lemon, 8 floz water & a sliced lemon. Simmer &

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baste until cooked (15 min). Mix in olive oil with crushed garlic, paprika, cumin & black pepper.

Pork Noisettes & Prunes

Steep & cook 12 oz prunes in 8 fl oz Vouvray. Season & flour 8 noisettes from chump end of loin Gently fry 5 min/side to just colour. Add 2 tbsp wine and simmer/bake tightly covered until tender, 45-50 min. Pour the hot prune juice over and reduce a bit. Place the noisettes in serving dish surrounded by prunes. To the pan add 1 tbsp redcurrant jelly & 6 oz double cream. Reduce & pour over.

Frying and oven braising

For stuffed fillets, breasts etc., based on Polpette Ala Milanese: Slice 12 oz pork or pink veal fillet & bat into escalopes or bone 4 chicken legs or breasts. Mix 4 oz sausage meat, 4 oz minced pork, 1 clove garlic, 1 tbsp grated cheese, season and bind with beaten egg. Layer each escalope & roll up or stuff chicken cavities; wrap with streaky bacon, secure with toothpick. Dust & cook slowly in 2 oz melted butter in cast-iron dish until well browned; add 5 fl oz white wine, reduce 50%, cover & bake 30-40 min. 175°C. Alternative stuffings - use any type 1a stuffing or pine nuts, grated cheese, sultanas, replace bacon with ham, add a sage leaf

Roasting and Baking

Brush with oil, herbs, spices, garlic. Add flavouring vegetables for gravy to the tin. Flash roast small tender pieces of meat at 220°. Otherwise keep oven temperature down to reduce shrinkage. Turn occasionally; cover dry joints (and chops etc.) in foil much of the time to retain moisture. Raise temperature for last 30 min. to brown & remove to rest while roast potatoes and Yorkshire puddings are completed. Cook potatoes and crackling (scored and salted) separately for crispness. Start poultry at 200°C and reduce; slow breasts down by adding 2 fl oz water to tin and starting breast down or cook on rack with breast covered in bacon. Prick duck/goose after 30 minutes to help drain fat. Pour off.

Traditional Slow Roast Pork

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Let joint attain room temperature. Set oven at 175°C Remove the skin, leaving half the fat; score skin deeply and rub with oil and salt for crackling. Lightly score (not right through) the fat remaining on the joint. Rub joint with oil mixed with ground garlic and herbs and set on a rack in roasting tin in hot oven with any flavouring vegetables such as onion, celery around it. Baste meat occasionally. Prepare in advance the gravy (vegetarian), then, for roasting, the vegetables and/or stuffing balls and make Yorkshire batter.

40 minutes before meat is ready turn oven up to 220°C. Place Yorkshire tin (top) and shallow vegetable roasting tins (next) in the oven to heat with oil or dripping. When the oven is at new temperature, remove vegetable tin to add the prepared vegetables. Mix well in the oil while heating on the hob and return. Put in any stuffing and crackling. Remove Yorkshire tin, pour in batter and return to top shelf. After 15 mins reduce oven to 190°C & turn veg.

Remove the meat at the end of its cooking and stand (warm) while the rest complete their cooking.

Pour off fat from meat tin, dust with flour and deglaze with a little water, wine or vinegar, heating & stirring on the hob; add to the gravy.

► Alternate: Spike the meat and marinate with chopped onion and garlic, mustard, hot pepper sauce, Worcester sauce, soy sauce, tomato ketchup, wine vinegar, chopped red pepper, marjoram, S&P for several hours. Baste with the marinade. Serve juices separately.

Tip: Make a joint from escalopes & stuffing, layered & tied. Roast or pot roast according to meat type and combined weight.

Roast Rack Of Lamb

Score the skin with a criss-cross of cuts part through the fat and rub with salt & seasonings. Roast fast on a rack, skin side up (220°, 20 min). To serve, cut between the bones to produce chops [or cut into individual portions before cooking]. These are inevitably of different sizes. Option: before baking remove the skin and sprinkle with buttered, seasoned breadcrumbs. Two racks make a crown, if you can be bothered. Loin of pork can be similarly treated, but with longer, lower cooking.

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Flash Roast Fillets, Loins & Breasts

Score any skin and fat and place skin down, well spaced, in pan of sizzling oil until well browned. Large fillets brown both sides. Turn and finish in the oven, 200°C, from 6 min. for small duck breasts, 15 min. chicken thighs to 20 min. for large fillets. Loins according to size, overlap thin loin steaks to avoid drying out. Allow to rest.

Option 1: coat the fillet with sugar, or herbs/onion lemon//breadcrumbs before cooking.

Option 2: add orange segments & banana to chicken ½ way through. Sprinkle with rum..

Chops/chicken Joints Baked In Foil

Oil a generous piece of foil liberally and coat both sides of the meat. Dust with herbs, garlic, s&p. Fold up and over to seal. Bake on sheet 190°C, 1 h for pork, 45 min. for chicken, 25 min. boned breast. Test before handing out parcels.

Crusted Chops Brush with oil, bake 15 min.. Turn over, coat with crumb crust. Bake another 15 min..

Arista Roasting Insert garlic cloves & herbs (fennel =Perugina, rosemary = Florentine), into pockets made with sharp knife in a Pork, veal or lamb joint. Roast on a rack surrounded by at least 2 inches of red or white wine & water. Baste occasionally. 45 min./lb 150°C, cool in juices for 30 min., eat warm or cold.

German Sour Roast see below, pot roasting.

Confit of duck/goose legs or pork pieces is obtained by baking 1½-2 h 160°C covered in melted lard. Strain and store under the strained lard. Remove from lard and bake 180°C 15 min. or until golden. Salt skin overnight before starting.

Tandoori Skin & slash chicken pieces, prepare lamb chops. Rub in Tandoori paste and marinate overnight. Allow to regain room temp then grill, barbecue or flash roast.

Chinese honey roast pork Use shoulder neck, chump & marinate with hoisin marinade, sweetened to taste. Roast in rack over water 180° basting with marinade. Brush with honey before serving.

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Pot Roasting, Braising, Casseroling

Use a cast iron pot and ensure it and contents are up to temperature before placing in oven. Brown meat well for flavour and appearance & remove to brown onion etc. For long cooking casseroles, omit meat browning but raise the temperature for the last 30 min.. In any case look and adjust the liquid; leave off lid to reduce if required. Long slow cooking gives tenderest results. Flavouring vegetables (mirepoix) support whole joints which should be turned occasionally. A tsp curry paste can enhance flavour. Cut meat should be even sized and 1½x1½” min.. Add eating vegetables part way through to avoid overcooking. German sour roast: marinate joint 24+h in herbed water/wine/vinegar mixture. Brown well & braise with some strained marinade.

Pot Roast Chicken/lamb

Brown joint slowly but well (15-30 min.) in the pot in 2 tbsp olive oil/butter, adding herbs & spices at the end. [Try 40 cloves garlic unpeeled! Or rub joint in oil with 2 tbsp spices and marinate 8 h; take care not to singe the spices when browning.] Support on 2 sticks celery or carrot. Add up to 2.5 flos wine/vinegar/ stock/ water; bring to the boil and bake covered 170°C 1 h for 3 lb chicken, 1.5 h for 3 lb lamb joint. [Option: add new potatoes, carrots, beans 45 min. before the end, olives, frozen peas 5 min.]. Serve strained juice separately. Use more liquid and braising vegetables for a braise...

Braised Lamb Leg/ Pork Shoulder/topside Of Beef

...Brown meat as above. Remove joint and sweat a sliced onion, garlic, carrot & celery with 1 tsp curry paste. Replace the meat & add stock/ wine/ water/ tinned tomatoes, bouquet garni & 1 tsp tomato purée to come 2/3rds up the joint. Cover and simmer gently/bake 150-170°C until tender (typically 2-4 h depending on size and toughness - see table). The dish can be part pre-cooked & reheated. Casserole vegetables/ part cooked pulses can be added as above but segregate from mirepoix. Strain & serve juices separately or carve & reassemble, removing mirepoix. Pork: add dried fruit

Pot Roast Pork Chops & Potatoes

Brown pork chops or steaks well both sides in butter & oil. Layer sliced

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potatoes, onions, herbs, garlic & chops in a casserole & top with sliced smoked bacon. Deglaze pan with small glass white wine & pour over. Cover very tightly & bake 2-3 h 150°. Also works with lamb.

Boeuf En Daube

In an oiled cast iron casserole layer chopped streaky bacon, 2 sliced onions, 2 sliced carrots, 2 tomatoes or 1 pepper, 2 lb meat cut in thick post card slices or 5 chops. Insert garlic & herbs, orange peel or prunes. Heat for 20 min.. Meanwhile heat 4 floz wine, flame and pour over. Simmer slowly 2 hours.

Korma With Vegetables

Brown onion in butter & reserve, then ginger [$\frac{1}{2}$ coriander, cardamom] with 1½lb cubed lamb. Add 2.5 floz yoghurt, 2 skinned tomatoes, paprika, cayenne, salt. Reduce and add turmeric & coriander. Add cut vegetable (turnip, cauliflower, courgette or spinach) [popped mustard seed], return onion, moisten with 2.5 floz water and dry over medium heat. Repeat x4. Add 10 floz water, part cover and simmer until meat is tender and vegetables disintegrate to form a rich sauce.

Pot Roast Stuffed Pork Fillet

Split open & flatten several fillets; layer with stuffing (8 oz minced white meat, 1 cup breadcrumbs, herbs, onion etc.); bind with egg; tie, brown & braise with 2½ floz stock/sherry, 2 h 175°C. Slice & recombine.

Carbonade Of Beef

Brown fast 24 oz large cut stewing steak in 2 tbsp oil, in stages. Remove, add 2 chopped onions and cook slowly until golden. Pour off excess fat then sprinkle in 1 tbsp flour, a clove of garlic and salt. Recombine, add 10 floz brown ale and top up with water, nutmeg, 1 tsp vinegar, bouquet garni and pinch of sugar or black treacle. Stir, cover, cook 150°C 3 h min. Reheating improves! Turn up at end to brown. Alt: add carrots, curry paste.

Sausage Casserole

Prick & brown sausages well & remove. Soften chopped onion & 4 slices chopped streaky bacon. Pour off most fat and dust in heaped tsp flour. Slowly add 10 floz red wine. Return sausages with garlic, bay

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leaf, $\frac{1}{2}$ tsp thyme, s & p. Simmer covered for 30 min. Add 6 oz browned button mushrooms & other vegetables [lentils, cabbage], parboiled to accommodate cooking time; simmer open 20 min.

Beef Olives

Bat out thin sliced topside/chuck steak. Roll up with type 1a stuffing & tie. Brown in oil with sliced onions. Add other vegetables. Cover with stock. Cover & simmer 2.5 h 155°C till tender.

Braised Veal

Use white wine, serve with Risotto Milanese or cook and serve with tuna Mayonnaise.

Traditional English Stews

Lancashire Hotpot In a tall pot layer 2 lb lamb neck chops with 1 lb onion and 2 lb potato each thinly sliced. Season and half fill with water. Brush the top with melted butter, cover and bake 200°C 30 min. then 140°C 2.5 h removing lid for the last 30 min.

Sussex Stewed Steak Season 2-3 lb cubed chuck steak. Arrange in shallow ovenproof dish & cover with sliced onion. Pour in 3 oz each port & stout and 2 tbsp wine vinegar. Bake tightly covered 140°C 3 h English Cockie-Leekie In a very large pot simmer a 2 lb piece stewing beef in plenty of water 1.5 h, skim when boiling. Add a chicken and 1.5 lb whole leeks. Simmer 1 h. Add 1 lb soaked prunes. Simmer 20 min. Remove original leeks & add 1.5 lb sliced leeks. Serve in bowls with the liquor.

Boiling

For all cured meats such as ham, bacon and salted beef silverside. Pre-soak salted meats 4 h. Cover in cold water, bring to boil and simmer gently. After skimming twice add spices and herbs to taste. (Red cooking - include 8 floz soy sauce, 4 floz sherry, 3 cloves garlic, 3 slices ginger, 1 tsp 5-spice powder) Simmer slowly, covered, adding vegetables at the appropriate stage for cooking time; add dumplings 20 min. before serving. Let meat stand 15 min. before carving. If palatable the liquor can be thickened by reducing 50% and whisking in 3 oz butter, spoon by spoon then cream etc.

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Boiled Beef Carrots & Dumplings

Pre-soak a 4 lb joint of salted silverside; place in a pan big enough to hold all ingredients; cover in cold water and bring to boil slowly. Skim after a few min., add peppercorns & coriander seeds and simmer, covered, 50 min.. Add 3 quartered carrots, 2 onions, celery & bouquet. After 25 min. add dumplings [Sect. 14] and ensure pot stays covered & simmering 25 min. Hand some cooking liquor separately.

Blanquette Of White Meat

Cut meat into chunks & blanch, drain & refresh; simmer in water or stock with quartered carrots & onions, bouquet, salt until tender (1-1½h). Strain, keep warm and use 1 pt liquid to make a veloute sauce (using 2 egg yolks in 5 fl oz creamy milk then lemon juice to taste.) Recombine in a clean dish.

Chicken Pilau

Marinate boned chicken thighs with spices, garlic etc. Simmer in stock. Use liquor to cook the rice. Recombine and reheat in micro.

Meat Pies

A Basic Meat Pie

The easiest is to prepare a casserole or stew, ensuring liquid is not too thin and the meat is tender. Or use mince. Allow to cool a little. Use any savoury pie covering (Section 14). Bake at 190°C for 30-40 minutes.

Raised Meat Pie (hot Water Crust)

Raw filling: Finely chopped raw meats containing some fat (e.g. minced pork belly), boiled eggs, apples, herbs. Bake 1-2h
Or use cooked meats layered with Duxelles etc. Bake 45 min. 200°C.
Add jellied stock - see section 12.

Cornish Pasty

Meat is not pre-cooked. Make a plain short crust using 3 oz dripping to 8 oz flour. Dice, mix and season 8 oz good beef steak, 1 large onion, 2 medium sized potatoes and (un-traditionally) a carrot and half a turnip. Cut 5" squares of rolled pastry; put filling on one half, brush edges with water, fold over and seal well.
Bake at 200°C for 20 minutes, cover with foil and bake 30 minutes more at 175°C

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Steak & Kidney Pudding

Traditionally the meat is not precooked but rolled in flour, mixed with chopped onion and topped up 2/3s with cold water. Steam at least 4 hours. in suet pastry J Grigson suggests browning and precooking meat at 140°C for 90 minutes in a casserole, reducing subsequent cooking time to 2 hours to ensure a better crust. Use 24 oz stewing steak and 6 oz ox kidney in ½" cubes. Options: 4 oz mushrooms, use beef stock and/or red wine.

REHEATING MEAT: Use as mince or in a casserole (long cooking) or reheat tender pieces in a white wine, mushroom or brown sauce (gently) until just warmed through

Steaming

Stuff skinned chicken breasts and wrap with blanched refreshed Savoy cabbage leaves. Steam 20 min.

Minced Meat

Basic Meat Balls

Mix 1 lb minced beef, a small grated onion (optionally sautéed), 1 egg, a slice of bread soaked in 1 dessert spoon of milk, salt and pepper. Form balls. Brown well and cook in casserole at 180°C for 50 minutes using any casserole recipe or sauce. Optional additions: use proportion of cooked lentils, add Worcester sauce, tomato ketchup, spices, chopped nuts, 2 oz cheese, spinach etc.
Swedish meat balls include 1/3 pork, a mashed potato and 4 fl oz cream. Fry.

Sauces - mushroom, onion, tomato, sour cream (added at end)

Basic Meat Loaf

Mix 1.5 lb minced beef, 2 oz breadcrumbs soaked in 2 fl oz milk, 1 egg, 3 rashers bacon, finely chopped, 1 tsp thyme, S&P and fill a roasting tin. Roast 50 minutes at 180°C. Options: use the bacon to line the tin, add any of the options for meat balls, add grated potato, carrot, chopped mushrooms, 5 fl oz sour cream in place of the milk. Stuff with mozzarella or any of the vegetable loaf stuffings. Serve with sauce.

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Basic Hamburger

Mix 24 oz prime minced beef with ½ finely chopped onion, Worcester sauce, parsley, thyme salt & pepper. Add a little beaten egg and form into patties ¾ “ thick. Fry fast until browned both sides and done to taste inside. Serve with relish etc.

Opts: mashed potato, cooked diced beetroot, capers

Oriental Hamburger

To basic mix add coriander, cumin, coconut milk, peanut butter, fish sauce and omit the egg. Make rather smaller and grill 3-4 min. each side. Serve with a dip made from lime juice, chilli, garlic, rice vinegar, fish sauce and sweetened to taste.

Note: you could use Indian or Chinese flavourings.

BASIC MINCE

In a wide pan soften a chopped onion [carrot & celery] adding garlic toward the end and reserve. Pat lean minced meat into a flat cake and brown well both sides before cutting gradually into smaller pieces as you brown. Leave 1 cm long. Pour off excess fat, dust in a little flour and cook a few min. Recombine. Stir in 7 fl oz liquids (stock, wine, water, tomato purée or tinned toms) and simmer about 30 min, stirring occasionally. Vary liquid to use for shepherds pie, moussaka, lasagna, sauce; adjust liquid. Any pasta or cooked rice or beans can be stirred into plain or curried mince.

Moussaka

Use alternate layers fried aubergine and spiced mince, ending with aubergines. Cover in a bechamel with 2 eggs beaten in and bake about 45 minutes at 180°C. Alternate: sliced cooked potatoes.

Shepherds Pie

Add 1 tbsp Worcestershire sauce, tomato purée & hint of curry. Cover with mashed potato (see Veg Methods), rake & dot with butter. Bake 180°C 45 min.

Kofta Curry

Mix 1 lb minced beef, a chopped red pepper, mustard, ketchup, chopped garlic, basil paprika, very finely chopped fresh ginger with a beaten egg and form balls. Fry an onion and add 1 tsp curry paste,

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garlic and other spices. Fry then add a tin of tomatoes and a small carton of yoghurt.

Dust the meat balls in flour, fry until brown and add to casserole. Simmer 15-20 minutes.

Browning Sausages

place on a rack over water. Prick and rub with oil. Bake 190-200° 15-20 min, turning every 5 min. until brown. Continue another 15 min. until cooked through, or transfer to finish in a casserole or braise.

Composite Meat Dishes

A small amount of meat can be eked out using rice, pasta or beans. When serving with rice, the meat can be pre-cooked and the cooking juices incorporated into the cooking of the rice. Chicken breast can be chopped, marinated and simmered in the marinade which is then strained and used as part of the liquid for cooking the rice. Tough meats can be stewed on the bone and a similar principle used. The meat is recombined with the rice before serving. See Pilau in section on rice. See also chilli con carne, lasagne etc.

Jointing Poultry

Chicken - With a very sharp knife, cut away the skin between leg and breast; holding the breast with one hand, bend away the leg at the oyster bone until it snaps. Repeat. Cut across the breast from the neck end to the top of the wishbone; cut down through the wishbone and ribs to detach the wing with a good piece of breast. Repeat. This makes 5 pieces.

Duck - cut in two lengthways, then cut between the leg and the wing to produce 4 pieces.

10. Vegetarian Dishes

Vegetarians don't eat meat, poultry or fish;
Vegans don't eat any animal/bird, or fish /seafood products, so no eggs or milk products either.
This section shows how to provide high protein vegetarian dishes.

To take maximum advantage of proteins they need to be in one of the following combinations:

Dairy	Vegetarians
Dairy + Grains	Vegetarians
Dairy + Pulses	Vegetarians
Dairy + Nuts/Seeds	Vegetarians
Pulses + Grains	Vegetarians & Vegans
Pulses + Nuts/Seeds	Vegetarians & Vegans

Surplus proteins unlike fats, are not stored by the body, so combinations should be eaten in the same meal, although not necessarily in the same dish; thus a combination of dishes from *Savoury Eggs & Cheese* and *Pulses and Grains* would give the same results. The hints in this section, however, show how to include balanced proteins in one dish.

In all vegetarian dishes, visual appeal is important, as is the use of unrefined grains and organic produce generally.

There are also on the market meat substitutes such as TVP (from soya) and Quorn (from mycoprotein), and from Japan Tofu (from soya).

● vegetable, pulse, pasta & rice bakes/terrines

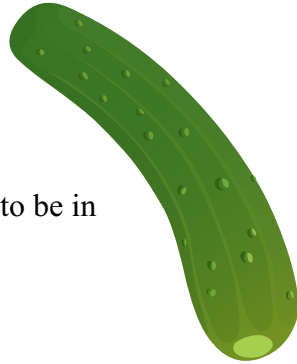
Incorporate into an egg enriched white sauce with or without cheese. Or layer with cheese and tomato sauce (Parmigiana) See 6. *Starters* for terrines, 13. *Pulses, Nuts & Grains* for pulse and grain bakes.

● casseroles

For a balanced meal include in the casserole both pulses and either rice, pasta or a cereal topping or 20 minutes before end of cooking cover with grated cheese, sliced bread & grated cheese, or a cheese sauce.

● crumbles/pies

Complement the grains with nuts, use cheese or a dairy sauce. Or include pre-cooked pulses in the filling



Vegetarian 10.2

● custards/quiches/pastries/pasties/croustades

Use a dairy and vegetable filling. See *Baking without Yeast* for bases, *Fillings*, and *Eggs & Cheese* for fillings.

● vegetable gratins

Include whole wheat breadcrumbs, cheese, bechamel.

● wholewheat or buckwheat pancakes

fill with any vegetables bound in dairy sauce. Stuff hot just before serving and add a contrasting sauce, or cover with sauce and bake.

● loaves/roasts/burgers/balls

These are bread and nut or lentil based; consider including a cheese layer or a complementary dish See *Pulses & Grains*

● stuffed vegetables

Choose a stuffing which provides the protein - this could be a nut roast mixture, a stuffing, or any filling with grated cheese, or pulses & rice.

● **other egg dishes** such as omelettes, Spanish or French, soufflés.

● salads

Serve a pulse salad with a rice or pasta salad or include grated cheese. A mixed salad can accompany eggs or cheese or be a composite dish in its own right by including rice/pasta and pulses or grated cheese/hard boiled egg. Consider couscous or other grains; mint, orange, dried fruits and nuts go well with these. Fresh pulses, sprouting seeds and croûtons also provide protein, as can the dressing (e.g. yoghurt & hummus). A pulse salad is complemented by home baked wholemeal/herb bread. Tinned pulses with grated cheese make a quick protein salad.

● **stir-fries** with noodles, bean shoots etc.

● **TVP** (textured vegetable protein)

Contains about 50% pulse type protein and can be used as a substitute in any minced meat dishes.

● **Quorn** (myco-protein)

Made from fermented fungal mould, it tends to be pale in colour and can be a substitute for chicken, veal or pork

● **Tofu** (soya bean curd) has been around since Han China and is quite fragile unless processed. Relatively high in protein (5.3% - 10.7%) It is high in iron, and can have a high calcium or magnesium content.

Vegetarian 10.3

Crumbles/Pies

Prepare as for AL DENTE casserole, add enough enriched liquid to moisten and a protein/fibre topping. Bake for 30-40 minutes at 180°C: herbs, garlic, zest, purée, mustard, grated cheese, softened onion etc.

- ▶ Crumble, use 6 oz whole wheat crumble mix, optionally add 2 oz ground nuts spices etc. As the crumble will absorb some liquid ensure the casserole is not too dry to start.
- ▶ For pies or pasties use any savoury short crust as per section 17. Can include cheese, mustard, herbs, ground nuts, spinach, tomato purée.
- ▶ For more pie filling and topping recipes see 6.2, 6.3, 6.4

Broccoli, Mushroom & Pecan Crumble

Enrich 10 fl oz basic bechamel with soy sauce and redcurrant jelly. Cook 5 min; stir in 3 oz ground pecans; adjust consistency. Soften chopped onion in 1 oz butter with 2 sliced parsnips; add 12 oz sliced mushrooms and reduce. Fill a dish with onion mix, cooked broccoli pieces and the sauce and top with a crumble of 6 oz whole wheat flour, 3 oz butter, 3 oz chopped pecans and tsp thyme. Bake 45 min. until brown & crisp.

Gardener's Pie

Sweat a chopped onion in a large oven-proof casserole. Optionally include diced celery, carrot and/or garlic. Blanch al dente sprigs of broccoli or cauliflower and arrange over the mixture. Cover with slices of tomato and season, herbs or spices optional. Sprinkle with grated cheese. Meanwhile prepare mashed potato, beating in butter, cheese, coarse grain mustard, salt and pepper and an egg. Spread over, fork surface and dot with butter. Reheat on hob then bake 30 min. 190° Variations: other vegetables, slightly moisten filling with a sauce.

For more protein include cooked brown or green lentils

Option: add celeriac, turmeric or saffron to the potatoes.

A filling for pie:

Blanched fennel, sliced tinned artichoke hearts, 2 cloves garlic, crushed, chopped chives, double cream

Potato Pie

Dough: Cream 4 oz butter and 8 oz soft cheese & beat in 4 tbsp soured

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cream. Separately sift 10 oz flour, 1 tsp caster sugar, ½ tsp salt. Stir into the cheese mixture to a soft dough. Knead smooth and divide into two flat discs. Wrap and refrigerate an hour or overnight.

Filling: Mix 15 oz mashed potatoes with 4 oz soft cheese. Stir in 4 thinly sliced spring onions, 2 oz Parmesan, S&P & 1 egg yolk. Allow dough to regain room temperature. Roll the discs to an oval 12" by 8". Spoon filling onto dough leaving edges clear. Brush edges & cover with second piece. Crimp well & brush with beaten egg. Cut small hole in top as vent. Bake 220°C 30-40 min. until it sounds hollow when tapped.

Quiches/croustades/pastries

Croustades have a shell of bread or pastry, sometimes of noodles, rice, or mashed potatoes, baked or fried and filled with ragout or the like. Mix 2 oz whole wheat breadcrumbs with ½ oz oil or melted butter per person; add 50% chopped nuts.

Quiches have a shell of pastry. Whole wheat pastry can include cheese or ground nuts.

Potato & Parsnip Croustade

Oil a cake tin with removable base. Prepare some mashed potatoes and allow to cool. Stir in grated cheese and egg to set. Line the base of the tin. Roast some parsnips in butter until very soft and press into the tin over the potato. Top with herbed croustade topping (previous page) and bake at 190° for 25 min. and remove from tin. Serve with a vegetable purée sauce.

Variations: Bubble & squeak, leeks & onions, spinach. Add mustard or horse radish to the croustade. Use individual moulds and bake 15 min. 200°

Croustade of Mushrooms

Blitz 75g nuts and mix with 75g breadcrumbs, grated onion, garlic 75g softened butter. Press into base of 20cm flan tin & bake 180°C 20 minutes. Meanwhile fry 450g sliced mushrooms in butter until all liquid is evaporated. Spoon over breadcrumbs and stir in 150g soured cream with nutmeg. Return to oven for 15 minutes

Filo Parcels or Pasties

Finely diced dry spiced vegetables, cooked spinach & onion with

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ricotta or feta, cooked vegetables bound with cream or buttered, mixed sautéed vegetables can all be served in filo pastry rolls, parcels or triangles, prepared with melted butter as normal for filo. Bake 200°C 10-15 min. Or prepare with pastry as a pasty or turnover.

Spanikopita

Grease a pie dish. Line with filo pastry, overhanging the edges. Brush with melted butter. Repeat with another 4 sheets. Chop 900g spinach & mix with some chopped spring onions, 100g crumbled Feta and spoon on top. Cover with another 5 sheets of brushed filo. Fold in the overhang, prick and bake 40-45 min. at 190C.

Potato & Mushroom Pasties

Sauté a chopped onion in butter until soft and add 8 oz diced potato. After 5 min. add 8 oz chopped mushrooms (include some porcini pieces if possible) and cook to reduce. Season and allow to cool. Divide 8 oz pastry in 4 and roll out to 6 inches diameter. Spoon mixture into the middle, turn over the pastry and seal well. Slit the top twice, brush with milk or egg and bake 20-25 min. 200° until golden.

Variations: use cheese pastry

Use cooked spiced pulses in place of mushrooms

Use any combination of vegetables with pulses or grated cheese.

Incorporate mascarpone or ricotta cheese.

Mediterranean Tart

Prepare and fully bake a cheese short crust flan case. Bake, peel and chop one or 2 aubergines. Grill and skin 3 red peppers, cut into strips. Soften 2 sliced onions in oil until golden. Add chopped tomatoes and thyme and simmer to taste & consistency. Mix filling and cool. Fill case just before serving. Sprinkle with chopped basil leaves.

Watercress And Ricotta Cheesecake

Line a tall tin with butter and seasoned crumbs. Bring 10 floz double cream and 6 oz chopped watercress to the boil and cool somewhat. Process this with 9 oz ricotta, 3 eggs, ½ clove garlic, 1½ oz Parmesan. Fill tin and bake 50-60 min. 170°. Allow to cool slowly.

Vegetable gratins

These are dishes finished with a crisp brown topping, usually cheese,

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breadcrumbs or both, allowing grains/cheese.

Turnip Gratin

Peel and coarsely grate young turnips and sauté with butter for 15 minutes. Transfer to gratin dish, cover with cream. Sauté breadcrumbs slowly in butter until lightly coloured. Optionally mix with grated cheese and scatter over the turnips. Bake 30 min. 190C until golden-brown. Variation: diced carrot and celeriac

Other Ideas

- Aubergine Parmigiana - follow standard recipe ☺
- Red bean Moussaka - substitute meat with mashed tinned red beans and tomatoes
- Peppers stuffed with rice, lentils & cheese ☺
- Stuffed tomatoes - tomato halves supporting a Provençal topping ☺
- Potato & celeriac cheese layer (onions, milk, grated cheese) ☺
- Stuffed whole-wheat pancakes, baked in a sauce
- Courgettes with carrot, ginger, almond stuffing
- Olive & mushroom cake with cheese ☺
- Nut roast ☺
- Pilau with apricots, raisins & pine nuts
- Veggie Paella with lemon, leeks & olives
- Butternut risotto with sage, cream & Parmesan
- Pasta with Gorgonzola, cream & walnuts
- Pasta with aubergine, tomato & cream
- Veggie lasagne
- Macaroni cheese
- Aubergine & pesto Charlotte - works with other vegetable fruits
- Jambalaya with celery, peppers, chilli & ginger
- Spanish omelette ☺
- Bread & cheese souffle ☺
- Tomato Tarte Tatin (scone dough, olives, basil) ☺
- Aubergine & tomato cobbler (w/yoghurt & brown bread) ☺
- Pizza Margherita
- Ratatouille & leek mash pie - include cheese and breadcrumbs

11. Vegetable Methods

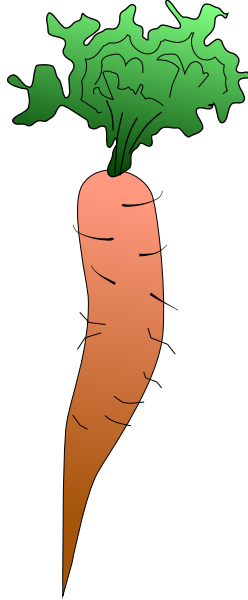
This section covers basic methods for vegetables served individually or in small combinations.

Individual recipes are given in the following section, by vegetable in alphabetical order.

Methods are grouped as follows:

Eating cold:	Salads Marinated A la Grecque A la Portugaise
Water Methods:	Steaming, Boiling, Microwaving Finishing In Butter or Sauce
Open frying/grilling	Dry Frying or Grilling Stir Frying Sautéing (Open or Covered) Charring Dry Spicing
Open oven	Roasting Baking/Gratin Custards and Tarts Mousses & Terrines
Enclosed methods	Braising Casseroling, Stewing Stoving

Stuffing Vegetables



Vegetable Methods 11.2

Cooking Techniques & Times

Preferred methods and approximate times are given in table in Appendix 5.

The times assume that the vegetables will be prepared and cut up in the normal manner for that method, as given in section Vegetables A/Z. Because of the nature of vegetables, times are only approximate, older ones may take longer; the only foolproof way is to start testing after 75% of cooking time.

For Eating Cold

MARINATING - (1)

Cut and cook the vegetables al dente. Drain well and transfer to a glass container. Cover with marinade (see sauces etc.), cool and store overnight in refrigerator. Drain. Combine marinade with oil as a vinaigrette, pour over and serve.

MARINATING - (2)

Use raw vegetables. Cut and pack into a sterilised jar. Add a clove garlic, a chilli, a bay leaf and ½tsp salt. Top up with distilled white vinegar, seal and leave 3-4 weeks

A LA GRECQUE

Barely cover prepared vegetable with 2 oz olive oil, juice of a lemon or 2 oz white wine, 1 tsp coriander seeds, a sprig of thyme and a bay leaf and water. Simmer about 20 minutes until barely tender. Cool in liquid, reduced if desired.

A LA PORTUGAISE

Sweat chopped onion and garlic in 5 fl oz oil until soft. Add tin of chopped tomato and 2 oz tomato purée, a sprig of thyme, a bay leaf and 5 fl oz white stock. Add the vegetable and simmer until just cooked. Cool.

Salads

The best salads have 1 to 5 ingredients selected for their combination of flavour, texture and colour, bound with a vinegar or lemon based dressing. The dressing should complement the flavours, not drown them and is always added at the last minute because the acid begins to

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break down the structure of the salad ingredients.

Although usually served cold, salads of cooked vegetables and some others benefit from being eaten warm and a combination of warm and cold ingredients is often quite palatable.

Use salad vegetables raw, but cook most other vegetables al dente and refresh in cold water to retain crunchiness. Some are best blanched to remove sharpness and improve digestiveness, others roasted under grill to enhance flavour (see table) Peppers and onions can be blanched or roasted. De-gorge aubergines. Coat artichokes, avocados, celeriac, mushrooms with lemon juice or vinegar to stop discolouration.

It may be best to serve a few combinations, each with contrasting dressing rather than putting all together. Examples are given on the next page.

Some Basic Salads

Potato Salad

Boil waxy potatoes in skins until just cooked. Meanwhile fry ½ chopped onion in olive oil with chopped bacon [optional], thyme & sage. Remove skins & chop coarsely. Mix with poppy or cumin seed, the onion mix, red wine vinaigrette (with the filtered oil), until moist but not wet. Cover and serve warm or cool but not cold.

Green Salad

In turn cook al dente in a large pan of boiling salted water courgettes (1 min), broccoli, baby broad beans; withdraw with slotted spoon to refresh in cold water. In large bowl dry and assemble crisp lettuce, cress, the cooked vegetables, ½ tin white beans washed & drained, capers, black olives, any fresh herbs, [sultanas optional]. Cover with cling film and chill. In a bottle prepare a mustard vinaigrette with 1 crushed garlic clove. Shake dressing & pour over at the table.

Pasta Salad

Cook pasta in vegetable stock al dente and drain. Meanwhile stir-fry fast in olive oil ½ chopped onion, courgettes, garlic & mushrooms until firm but browned. Add the pasta with ¼ tsp five spice powder and enough soy vinaigrette (with the residual oil) to moisten but not drown. Cool room temp in covered bowl. Alt: yoghurt&mayo; nut oil/ lemon

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vinaigrette

Pulse Salad

Cook white beans (2-3 oz/person) as normal but inserting ½ whole onion, 1 clove garlic and a celery stick with bouquet garni in the water until soft but whole. Drain carefully and transfer beans only to bowl. Add lemon and thyme dressing, ½ chopped onion, [chopped salami or tuna optional] and fresh herbs to taste. Serve warm or cool.

Rice Salad

Rinse the rice and cook normally in vegetable stock with ½ oz butter and ¼ tsp turmeric. Meanwhile stir-fry fast to brown ½ chopped onion, 1 cut pepper, 1 clove garlic, 4 sliced mushrooms in olive oil al dente. Combine and moisten with white wine vinaigrette & additional spices or herbs to taste. Transfer to glass bowl; cool covered but do not chill. To mould, line bowl with foil and grease, dot with slices skinned tomatoes; turn out cold. Alt: yoghurt & spices

Sautéed Pepper Salad

Stir-fry 1 large sliced onion [ginger optional] in 3 tbsp olive oil 8 min. Raise heat, add sliced peppers & cook until patched brown. Add 1 chopped clove garlic, spices/herbs, then sliced tomatoes. Stir-fry 1 min. Add balsamic vinegar or soy sauce, season and optionally ¼ tsp sugar. Serve warm or cool. [also courgettes, mushrooms, aubergines, parboiled potatoes, parsnips]

Salade Niçoise

Combine lettuce, black olives, hard boiled egg, tomatoes and anchovy fillets with a herby garlic vinaigrette. Other ingredients often added include fine beans, cucumber, tuna, new potatoes, capers, onion, garlic croutons according to taste.

Pistou Salad

Choose all those main ingredients used in making pistou soup. Add a pesto flavoured dressing, black olives and Parmesan shavings. Include some warm potato and baby salad/spinach leaves.

Cesar Salad

Use cos lettuce, anchovy fillets, olive oil croutons, Parmesan shavings,

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Caesar dressing. For the dressing: 1 v soft boiled egg, chopped anchovy fillets, 2 tsp capers, 2 tsp Worcestershire sauce, ½ tsp mustard, Tabasco, juice ½ lemon, ½ clove garlic, 2 tbsp Parmesan, 6 floz olive oil, salt & pepper. Blend, adding oil gradually to the desired consistency. Mix with the leaves and combine.

Warm Bacon Salad

Include a variety of baby leaves including either spinach, water cress or rocket. Fry smoked streaky bacon in 2 floz olive oil until crisp. Reserve and deglaze the pan with wine vinegar to form a warm vinaigrette. Add other ingredients (garlic, mustard, herbs) to taste. Mix the hot bacon, cold leaves and Parmesan shavings and pour over the vinaigrette.

Chicory & Artichoke Salad

Arrange chicory leaves face up on large plate. Add to centre drained artichoke hearts or white beans. Sprinkle liberally with olive oil, Parmesan shavings and black pepper.

Some other tried salad combinations:

Tomato, garlic and basil with vinaigrette;

Potato, onion and bacon & vinaigrette (mix hot);

Cooked white beans and onion, olive oil vinaigrette;

Lettuce, cucumber, olive and feta or mixed cresses;

Avocado, cucumber and cress in lemon, houmous and yoghurt dressing;

Sauteed button mushrooms, onion and aubergine in soy & ginger dressing;

Red bean, onion and tuna.

Root veg, orange/lemon, sour cream, horseradish.

Water Methods

Choosing method, Cooking with Water Simplified

Most vegetables can be boiled or steamed and one such dish is desirable with each main course as a balance for richer dishes.

Parboiling is often used as a preparation for other methods.

Plunging into a large open pan of boiling water minimises cooking time, retaining more colour, texture and flavour. Steaming retains more nutrients and is gentler. Vegetables can be steamed together, those

Vegetable Methods 11.6

Category	Key Members	Method
Bright Green	Beans, Broccoli, Brussels, Green Cabbage	Add to plenty water at rolling boil and cook uncovered
Pale Green	Asparagus, cauliflower, celery, white cabbage	Steam or boil in a little water
Roots & Tubers	Potato, Carrot, Parsnip, Turnip	Boil from cold, covered, or steam
Veg which blacken	artichoke hearts, celeriac, chicory, fennel, salsify	Boil in floured and acidulated water

needing longest cooking being added first.

When boiling always bring plenty of water to the boil first, then reduce to a minimal simmer (except old potatoes, which can be heated with the water). Test early, al dente. Plunge into cold water unless using immediately. Never underestimate the time required to bring a large pan of water to the boil.

Cook green vegetables uncovered during the first 2-3 minutes to allow acids attacking chlorophyll to escape.

Microwaving Vegetables

Add a spoon of water, cover and cook on full. Results are similar to steaming in a minimum of water but colour keeps better. For even cooking you must stir several times during cooking. Recommended as part cooking to reduce overall cooking time.

Finishing Steamed or Boiled Vegetables

Plain, with a little nutmeg and knob of butter, or melted butter & lemon juice

In a sauce:

- vinaigrette
- Hollandaise/ Mousseline
- Egg yolk enriched bechamel (Bâtarde)
- Cream sauce - melt 1 oz butter, add 2 oz cream, reduce and season

Saute for a few minutes in hot oil, nutmeg and fried garlic, then add a

Vegetable Methods 11.7

little Parmesan cheese or brown in bread-crumbs

Provençale towards the end of cooking, drain and simmer with 1 oz olive oil, chopped onion, clove garlic, 3 tomatoes and seasoning **Gratin** in oven-proof dish with 1 oz butter and cream, cover with bread-crumb topping and bake 20 minutes at 190 °C, or dot with butter & Parmesan.

Dry Spice when cold - see open frying, later this section.

Mash to a purée in the pan with an ounce of butter, optionally cream and turmeric, nutmeg or garlic, salt and lots of pepper. First remove skins and ensure vegetable is piping hot. Purées can be kept hot but lose some freshness with time. Two vegetables can be combined to advantage (e.g. potato and celeriac). Also use as a basis of a mousse or terrine, or dry out, form into balls, bread-crumb and bake 20 min. 180°.

Mashed Potato Toppings Prepare as above, beating well. Finally beat in an egg and arrange over filling, starting around the edge. Finally rake into ridges and dot well with butter. For cheesy mashed potato gradually beat in any amount of grated cheese with two tsp coarse grain mustard and a hint of turmeric before the egg. Bake covered until warm through then 15-20 minutes at 200 °C uncovered to brown.

Tip: Most green vegetables can be pre-cooked in open boiling water and refreshed immediately for storing. Reheat with dots of butter or Parmesan cheese in a wide dish in the oven 10-15 minutes at 190 °C or by turning in a pan or micro-wave oven. Pre-cook and refresh similarly to fix colour when adding to casseroles etc.

Oven Open Methods

Conventional Roasting

Ideal for roots and tubers (carrots, celeriac, fennel, Jerusalem artichokes, onions, parsnips, potatoes, young turnips) Peel potatoes and cut into pieces. Cut parsnips and carrots down the middle to expose stems. Parboil potatoes for 10 minutes, parsnips, turnips and carrots for 5 minutes in salted water, drain, season, coat with flour and shake in the pan. Meanwhile heat roasting tin in oven at 200-220 °C with some oil. Bring out and continue on top of oven. When sizzling pour in the

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vegetables and season. Coat well, heating continuously. Vegetables such as parsnips, leeks and swede benefit from part cooking in hot fat on the hob before putting in the oven Bake approx. 30 minutes, basting and turning occasionally. Variation: add a little vinegar, sugar & salt. Roast new potatoes with olive oil lemon & herbs. Herbs, spices, seeds or Parmesan can be added to flour.

Roasting Broccoli & Cauliflower

Break into even florets and cut in two lengthways. Add to baking tray with plenty olive oil, turning well. Roast 190° 20-30 minutes, turning occasionally Add herbs, seeds, and/or chopped garlic to taste, (opt: grated Parmesan, bread crumbs) for last 15 min.

Saute Potatoes

Parboil and dice, [or dice, microwave 2 minutes stirring, rinse], rub with oil and salt and roast in a flat tin 200° for 20 min, turning occasionally. Garlic, Parmesan or herbs can be added for last 5 min.

Baking

Beetroot, potatoes, mushrooms, Jerusalem artichokes & onions can be baked in their skins. Pierce potatoes with a skewer, grease with (olive) oil and bake (for at least an hour for potatoes) at 175-195 °C or higher.

Gratin

Bake in a shallow buttered dish topped up with tomato sauce, cream sauce, creamy milk, wine and lemon sauce or dotted with butter, all sprinkled with bread crumbs and/or grated cheese. Temperature between 220 °C and 170 °C. Most vegetables except courgettes and frozen peas should be parboiled, steamed or saute first to bring cooking time to 30 minutes or so. Alternatively root vegetables can be fully assembled and protected from drying out with foil which is removed for the last 15-20 minutes. For a good topping use 1-2 slices of brown bread, 2 cloves of garlic, zest of ½ a lemon and a tsp thyme, 1 oz butter combined in the food processor. Grated cheese can be added.

In Tarts, Quiches & Custards

The cooked vegetable is mixed with a complementary stiff sauce or custard (Quiche) and baked in the oven at 190 °C for 30 minutes or so on a pastry case baked blind, or 170 °C in a buttered baking dish

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surrounded by a bain-Marie. Custards can be made in individual ramekins, swirling any vegetable purée or grated root vegetable softened with onion into a mixture of 5 fl oz double cream to 2 egg yolks, salt & pepper (bake for 20-25 minutes and unmould - recommended for artichokes, spinach and other green leaves, red pepper, rhubarb.) See section 14 for pastry cases, section 8 for more on tarts & quiches.

Vegetables Charlotte

Layers of sliced vegetables are interspersed with layers of buttered or well oiled, herbed, garlic crumbs in a well greased oven proof casserole. Choose a mix of vegetables with “moister” vegetables toward the top (e.g. skinned tomatoes) and adjust the proportion of breadcrumbs according to the amount of liquid they will yield. It is not normally necessary to pre-cook the vegetables. Bake covered with greased paper for 30 minutes 190 °C then reduce to 140° until tested soft with a skewer (typically another hour), removing paper if still very moist. Finish on top for 5 mins to brown base and if possible turn out. Options: Include Parmesan cheese.

Alternate layers of cheese and tomato sauce yield Parmigiana but do not attempt to turn out.

Suitable vegetables: potatoes, aubergines, courgettes, peppers, onions, tomatoes, fennel, flat mushrooms.

Vegetables Parmigiana

Use any cooked vegetables.

Fry a large chopped onion in butter or olive oil until brown. Add garlic, then basil and a tin of tomatoes. Simmer ½ hour until reduced. Season to taste.

In a greased casserole put alternate layers of cooked vegetable, tomato mixture and grated cheese, finishing with tomatoes.

Bake for 30 minutes at 190 °C until golden.

For mushrooms, tinned beans, sauteed courgettes, potatoes, leeks, celery, broccoli etc.

Veggie Pies & Pasties

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Pre-cook the filling vegetables and bind with a sauce. See vegetarian section for recipes with various toppings including crumble, potato, pastry.

Open Frying Methods

Dry Frying & Grilling

Slice lengthwise and brush vegetables with oil or marinade to prevent drying out, turn only once. Heat grill or dry fry pan fully before starting (4-6 minutes) A dry fry pan restricts the quantity which can be cooked in one go. Do not add herbs to marinade if dry frying. Test with a skewer. Suitable for aubergines (5 m), carrot (12 m), courgette (7 m), fennel (7 m), mushrooms (whole 7 m), onion (2 m), peppers (4 m), potato (10 m). Put in covered bowl to complete cooking.

Sauteing & Charring

Adds flavour to bland vegetables, lifts others. Suitable for courgettes, mushrooms, onions, peppers, spinach, thinly sliced carrots without parboiling; French beans, broccoli, brussels, cauliflower, potatoes and turnips need parboiling.

Melt 2-6 oz butter in a large frying pan, when foaming add the vegetable, cut up as appropriate, and toss. Vegetables such as courgettes, mushrooms, potatoes are cooked in the open pan at a high heat. Other vegetables with a tendency to toughness so requiring additional cooking are completed by simmering with the lid on; season with a little lemon juice or glaze with 1 tsp sugar as appropriate. This additional humidity changes the surface texture and strictly creates a braise.

If olive oil is used in place of butter, many vegetables can be allowed to char, producing a new flavour; turn only every few minutes during the saute process and carry out any steaming first. (Suitable French beans, broccoli, sprouts, celery, cabbage, parsnips, potatoes)

Veggie Crisps

Many vegetables can be sliced thinly and deep fried like potato crisps. These include beetroot (dust with flour), parsnip, carrot, spinach.

Dry Spicing Vegetables

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Suits blander vegetables such as potato, cauliflower, parsnip. Cook and cut or separate in pieces. Cool. Heat 6 tbsp oil in a large frying pan. Add seeds (fennel or cumin then black mustard). When they pop add chilli and/or ginger. Optionally add chopped onion and or garlic and soften, then powdered spices. Add the vegetable and fry fast until hot & browned. Serve hot or add vinegar and allow to cool.

Stir Frying

Most vegetables combine well in a stir fry. It is not necessary to include meat as use of ginger and soy sauce or black bean sauce will ensure flavour. Prepare all vegetables in advance, cutting to similar, small size and blanching root vegetables. Get wok hot, then add oil, (peanut oil with a hint of sesame or walnut if desired) then flavourings (onion, ginger, garlic), then add remaining vegetables in reverse order to cooking time or hardness. If there is any sticking or scorching add a dash of water. See Appendix 4 for cooking times. Do not fill more than one third of the pan or the vegetables will steam. If at the end the vegetables seem a little hard, cover and simmer slowly 1-2 min. Finally stir in 3 tbsp sauce (e.g. soy, sugar, sesame oil and sherry, with more garlic if required, or black bean sauce, or any other non milky marinade in section 2) and stir until combined and reduced. The dish can be topped with cooked hot Chinese noodles.

Vegetable Stroganoff 1

Alternative Saute method: Prepare various vegetables for sauteing, parboiling if necessary (See next section). Saute onion in butter & oil and reserve, add garlic and any mushroom or tomato and fry until liquid reduced. Reserve with the onions. Adjust the quantity of butter & oil and saute the vegetables. Recombine, stir in soured cream, soy sauce and seasoning and reheat.

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Enclosed Methods

Stoving, Braising and stewing merge into each other when it comes to vegetables. Usually liquids are limited to the amount required to provide steam for cooking and provide sauce.

Braising

Ideal for vegetables with strong fibres and delicate or understated flavours, traditional for cabbage, celery, chicory, fennel, leeks, lettuce, onions, parsnips, peas, pumpkin.

Blanch in boiling salted water if required to soften the skin or remove undesirable odours.

Sweat a small chopped onion, garlic and carrot or other flavouring vegetables and/or root ginger in 1 oz butter and 1 tbsp oil for 5 minutes and add the vegetable. Other flavouring agents such as spices, smoked bacon are added during this process. Vegetables with a high sugar content or delicate flavour may benefit by a few minutes browning too. A little flour can be added at this stage if desired to make the sauce cling to vegetable when serving, **but only if recipe requires 40 minutes or more cooking or the flour will taste**

Add up to 5 fl oz of liquid **while making allowance for juices which will exude from the vegetable during cooking**, (stock, orange juice, vinegar or wine or a tin of chopped tomatoes; whatever balances the flavour of the vegetable), herbs and seasonings. Cook covered until tender, typically 50 minutes on hob or in oven at 160 °C. Note that acid liquids like wine keep vegetables firmer and prolong cooking time. When tender, the sauce can be thickened EITHER by adding a liaison of egg yolk & cream 2 minutes before serving (blend with a little of the juices before adding - subsequently do not allow to boil; OR reduce the juices separately - this will only work if there is something in the juices to provide the bulk (debris from onion, starchy vegetables or gelatine from stock) It may be enough to part remove the lid toward end of cooking.

Optionally sprinkle with browned bread crumbs, garlic & parsley or lemon zest and finish at 190°

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Vegetables which exude a lot of juices include: green leaves, courgettes, mushrooms, tomatoes.

A spiced braise

Prepare vegetables in small pieces. Slice 2" ginger. Heat oil & butter in saute pan, then add ginger and saute until golden, Stir in turmeric (30 sec) then mix in the vegetables followed by paprika, cumin and black pepper. 1 min. later add 1 tbsp water, cover and cook high 1 min then low 8-10 min until soft. Stir in any spinach and a little lemon juice and drive off any excess water.

Stoving (a L'etuvee)

Named after the French stove, the method involves slow cooking in a sealed pot with a little added oil (1 tbsp per lb) or butter. A few drops of water may be needed to avoid initial sticking and flavourings can also be added. Shake every few minutes and drive off any excess liquid at the end. An initial browning process can be introduced, effectively turning the process into the Anna method below.

Examples:

Potatoes: new or chunked, retaining skins, add whole garlic & rosemary and 6 tbsp water, takes 40 minutes

Cabbage: shred and cook with spices or lemon juice and zest, takes 60 minutes

Also suitable French beans, broccoli sprigs, sliced carrots, courgettes (time 10-20 minutes) and many others

"Anna" Method

Put layers of sliced vegetable dotted with herbs, garlic and butter in a casserole. Start off in a closed casserole on top of the oven and move to the oven for remainder of cooking time, suitable for all root vegetables.

Glazed Root Vegetables

Cut in pieces and simmer with 2 floz water, 2 tbsp butter, 1 tsp sugar, salt. 15 min. later, remove lid and raise heat to reduce the juices.

Option: add blanched sauteed whole garlic & lemon juice.

Vegetable Casseroles

A braise with perhaps more liquid imparting flavours. Use virtually any

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vegetables, either mixed or in layers A top layer of potato can be browned at end of cooking. Fix the colour of green vegetables before adding to the casserole towards the end of cooking.

Long Cook Method

This involves a long simmer so that all the flavours are intermingled and some vegetables will turn to a mush.

Combine all except onions in a large casserole. Fry onions in 3 fl oz olive oil until soft and golden. Add 15 fl oz cooking liquid [stock or stock and wine] and pour the onions and stock with seasoning over the vegetables. Bake covered for 40-45 minutes at 185°C, uncover if stew seems too liquid.

Al Dente Method

Onions, garlic, celery and root vegetables are sautéed in a little oil until just crisp and tender. Meanwhile green vegetables are boiled or steamed (together; starting with those that take longest)

All are mixed together and 15 fl oz hot cooking liquid added. Simmer for 5 minutes; at this stage cooked pasta, rice or pulses can be added.

The casserole is finished off in the oven, 190°C for 20 min.

Liquids for Casseroles

(add 1 oz flour to onions after softening if necessary to thicken, or add egg, egg yolk or cheese to liquid)

- ▶ stock with tomato purée or chopped tomatoes (and/or sherry)
- ▶ orange juice, water and sherry
- ▶ water and red wine
- ▶ cider or brown ale, stock
- ▶ milk, sour cream or yoghurt (stabilised) and soy
- ▶ wine milk and mustard
- ▶ bechamel with soy sauce

Enrich further with coconut milk, ground nuts, peanut butter, vegetable purée, yeast extract, spices.

Vegetable Stroganoff (with pulses)

Cook onion in 2 oz butter and herbs (tarragon), add mushrooms and 2 tbsp soy sauce, cook briefly and add 2 oz wholewheat flour. Stir well and add 20 fl oz milk and 4 tbsp soured cream, 1 lb cooked pulses and

Vegetable Methods 11.15

quickly cooked or al dente green vegetable (mange-tout), simmer stirring for 15 minutes.

Vegetables In Wine, White Sauce & Nuts

Sauté an onion in 3 oz butter; add a chopped pepper and garlic and continue till softened. Add 5 fl oz white wine and simmer fast for 5 minutes. Add 2.5 oz flour and stir for a minute; add 20 fl oz hot milk flavoured with bay leaf and nutmeg and simmer, stirring frequently for 5 minutes. Fold in pre-steamed vegetable (cauliflower). Layer slices of cooked potato, nuts, grated cheese, potato, nuts, cheese and bake at 170°C for 50 minutes.

Vegetable Bourride

Prepare by al dente method using plenty of stock and a little zest. When barely cooked, remove the stock, thicken with aioli, incorporating extra egg yolks. Warm through without boiling and strain back into the vegetables. Serve with extra aioli and bread.

Escabeche

A hot and sour stew to be eaten cold. Cook al dente. Include onion, garlic, carrots, broccoli, courgettes.

Flavour with black pepper, thyme, 2 fresh chillies and several bay leaves. Use 7 tbsp olive oil and 6 fl oz white wine vinegar for liquid. Keep vegetables crunchy.

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Stuffing Vegetables

Blanch or pre-cook as indicated in details below. Cut in two lengthways for baking open with a browned top; if braising, slice across stem end and reserve for lids. In both cases hollow out if required. Cut off blemishes and ensure a flat bottom to stand on. When stuffing leaves, assemble in a pan which is sized to stop the leaves from unrolling during cooking. Fillings are described in section 4.

Braising method

Pack upright in appropriate sized pot with lid, surround with liquid and time from when it starts simmering. If including rice, allow room for expansion and ensure moisture can find the rice. Suitable for aubergines, onions, courgettes, cabbage, leek or vine leaves.

Precook & Bake method

Blanch in boiling water or steam. Prepare and pack with filling. Place in oiled baking dish, sprinkling remaining filling around. Drizzle with oil or a contrasting sauce. Cover with foil and bake at 180°C. Remove foil for last 15 minutes if top of stuffing should be browned.

Cold Stuffing Method

Cooked cold or raw vegetables can also be stuffed with chicken, prawns, vegetables, dried fruit, in a mayonnaise or yoghurt base, flavoured or plain. Roast peppers 10 min. 190° or blanch.

Grill Method

Tomatoes and whole mushrooms can be stuffed in advance and heated under the grill - suitable for stuffings based on bread, potato or mushrooms.

Details

Aubergines

Prick and bake 30 min. before preparing if final cooking time is short. De-gorge with salt or brine solution after hollowing out.

EITHER Cut off stem end, hollow out and de-gorge. Fill with type 1b filling, pack in pan upright and fill half way up with olive oil, water, sugar & juice of a lemon. Cover & simmer 60 min;

OR Slice lengthways, hollow out and de-gorge. Brush with oil and fry

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or grill till brown and half cooked. Arrange cut side up and fill with type 2a or b filling. Bake 30 min, covering with foil except last 15 min.

Cabbage

Whole - cut a deep cross in the top, blanch 20 min.or more then fold back the leaves, remove centre and stuff 2b filling between leaves.

Simmer 60 min.

Leaves - cut off, blanch 3 min.and cut out remaining stiff stems Roll up with 1b or 2b filling and bake or braise 30 min.

Chard, Swiss (Silver Beet)

Remove the leaves from the stems and blanch until pliable. The stems are often chopped, sauteed and used in the filling. Use any cabbage leaf recipe.

Courgettes EITHER Hollow out from stem end, half fill with type 1b filling and simmer in water, olive oil & tomato purée 60 min. OR Cut lengthwise, blanch 5 min, pack grill pan cut side up and spread with 2b filling and grill till golden brown.

Kohlrabi

Bake 45 min.then cut in two. Stuff and bake 15 min.

Leeks

Cut half through and along the leek to open out the leaves. Cut of root and blanch the leaves. Roll around filling and simmer enclosed.

Marrow Rings

Use any 2b filling. Bake 30 min.

Mushrooms

Use type 2a or b on open mushroom caps. Rub with oil. Bake in hot oven to cook through and brown

Peppers

Halve lengthwise OR cut off stem end, remove pith & seeds, blanch 10 min.and pack cut side up in baking tray. Fill with 2a or b filling and bake 30 min, covered with foil except last 15 min.

Potatoes

Bake until soft. Cut in two and hollow out. Mix filling with potato flesh and fill halves. Bake 20 min.

Spinach

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Select large undamaged leaves. Blanch in simmering water 30 seconds and remove carefully with slotted spoon. Press out moisture and line a buttered container, overlapping & letting some leaves overhang. Add filling and cover with more leaves. Fold over the overhang and bake or steam. Turn out.

Tomatoes

Cut off tops, hollow out and fill with 2 or 3 filling. Replace top and bake 30-40 min.

Turnips

Use smallish ones and peel if required. Blanch or bake until tender. Hollow out and fill with 2b filling. Saute in wide dish with butter and oil and complete in hot oven.

12. Vegetables A to Z

This section lists outline ideas for individual vegetables.

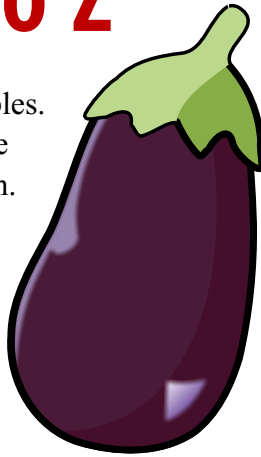
A lists affinities, **C** Indicates a full recipe in Carefree Cooking, and **G** indicates a personal recommendation.

ARTICHOKES GLOBE

A *Parmesan, mushrooms, ham*

Member of thistle family, only a small part is edible. Acidulate to avoid blackening when cut. Cook whole, or with the choke and thin leaves removed or as hearts by removing a leaves and choke.

- C** Cut off top inch of the leaves. Boil in lightly acidulated water until base is soft and leaves can just be pulled off. Rinse & serve with melted butter or Hollandaise, or cold with vinaigrette or Mayo.
- Prepare as above, then pull out the thin leaves in the centre and scrape away the choke. Fill with any pre-cooked filling, hot or cold, or scrambled eggs flavoured with lemon zest. Or remove the choke but retain the leaves, fill with stuffing and then cook. Barigoule: mushrooms, bacon, herbs, breadcrumbs, white wine.
- C** Artichoke hearts can be purchased ready prepared and used in salads
- Scarcely cover hearts with water, oil and peppercorns. When liquid almost evaporated, add lemon juice. Alt: use stock, add cream and allow to thicken before adding lemon.
- hearts - slice & fry
- hearts - reheat and use sliced in gratin or boulangere, or cream & tarragon sauce. Goes well with ham.
- marinate baby artichokes after boiling; store 3 days e.g. marinade - 4 oz olive oil, juice 3 lemons, celery, thyme, bay, parsley, peppercorns
- Artichoke heart and boiled lemon salad with water cress and Parmesan shavings.



ARTICHOKES JERUSALEM

A *Parmesan, mushrooms, ham/bacon, butter, garlic, hazelnuts*

A root which is difficult to peel. Scrub, cut off blemishes and cut into short lengths. Keep under acidulated water when cut to avoid

Vegetables A to Z 12.2

colouration. DO NOT OVERCOOK.

- Sauté, char, stove or Anna in butter for best flavour.
- Finish with, bacon, onion, lemon to taste, sauted breadcrumbs or finely chopped garlic, zest and parsley.
- Braise with garlic, water & red wine.

ASPARAGUS

A *Parmesan, basil, eggs, butter, morels*

Shoots come in various thicknesses, white or green. Best eaten fresh - English season is short. Snap off any woody bits. Steam (4-6 min. for English asparagus, test softness with fingers), roast (10 min.) or stir fry.

- C** Serve with hollandaise, on Parmesan mashed potato etc. or heat with diced cooked meats, peas and a wine/cream sauce.
- C** Roast with olive oil, pepper & Parmesan
- Finish under the grill with cheese sauce.
- Precook and spread evenly over puff pastry. Bake 200° 15 mins. Spoon over a blend of crème fraiche, horseradish, Parmesan, beaten egg yolks, S & P. Bake another 15 min.
- Combine with chargrilled polenta

AUBERGINE

A *cumin, tomato, ginger, sweet pepper, mozzarella, lamb, miso*

Remove excess liquid and bitterness from sliced aubergines by pressing with kitchen paper. If not fully ripe first sprinkle with salt and put back together for 30 min, squeeze out, rinse and pat dry. (Or blanch in salty water.) Slices can be fast fried in hot oil or, more economically, brushed with oil and grilled both sides or cubed and roasted, or halved and backed. For a purée, prick and bake 190° 30 min.(test with skewer), cool, remove skin and excess juices. Affinities basil, cumin, tomato, oriental flavours.

- C** grill slices of aubergine, layer with slices of beef tomato and fried onion
- slice, brush with garlic vinaigrette & grill both sides for a salad
- heat blanched cubes with onion, celery, wine vinegar etc.
- marinate grilled slices with 8tbsp ground nut oil, 3 tbsp dark soy sauce, 1 tbsp grated fresh ginger, 1 tbsp garlic, 1 tbsp onion, 1 tsp

Vegetables A to Z 12.3

chopped chilli. Serve cold with tomato sauce.

- ☉ bake slices 180°C with oil & onion/tomato sauce opt: add mozzarella for last 15 mins
 - batter and fry both sides using eggless olive oil batter.
 - Bake slices with courgettes, spring onion & garlic in 4 fl oz stock 1 h at 190°C uncovered
 - stir-fry blanched cubes with ginger, spring onion, button mushrooms, garlic and soy
 - ☉ Use prepared slices in Parmigiana or Moussaka
 - de-gorge and stuff with a course tomato, garlic and onion sauce. Arrange in pan with 5 fl oz olive oil, juice 1 lemon, 1 tsp sugar. Just cover with water. Simmer 1 hour or more till tender (Imam Bayildi)
 - ☉ Bake halves with miso, honey, sesame
- See also, Ratatouille, dips.

AVOCADO PEAR

A *grapefruit, seafood, basil, tomato, mozzarella, salads*

High in fat & protein. Store in fridge. Slice longitudinally around the stone with a large knife and twist apart. Embed a heavy knife in the stone and twist it out. Segments can be peeled. Coat in lemon juice or vinegar to avoid browning. Ideal sliced or in halves with vinaigrette. Avocado goes bitter if cooked but can be served hot.

- ☉ Serve slices with pink grapefruit segments & vinaigrette
- Stuff with any savoury precooked stuffing or salad vegetables in mayo, Greek yoghurt or vinaigrette. Also prawns, chopped ham, tomato, hard boiled egg & celery
- Add to stir fried prawns in tomato & coconut milk.

Blended avocado can be used as a dip (Guacamole), fool (with lime juice & cream), mousse or soup base.

BEETROOT

A *horseradish, sour cream, orange, apple and other fruit*

Beware the stains. Microwave cooking makes beetroot much more accessible. For this, top, tail and peel and microwave covered, turning every two minutes until done when tested with a skewer. Conventional

Vegetables A to Z 12.4

cooking: boil, or bake whole at 175°C (in foil for most of the time), taking care not to damage the root or skin which allows leaking.

- ☉ Serve hot with butter or cream and horseradish or a cream sauce; cold with vinaigrette
 - Glaze julienne cooked beet with 3 tbsp brown sugar, 1 oz butter, 3 fl oz orange juice & zest. Option: add 2 oz red currants cooked & sieved and garnish with red currants.
 - purée with equal quantity of potato & soured cream
 - Serve hot on fried layers of apple, stirring lemon juice and horseradish into juices as sauce
 - ☉ Casserole with berry fruits, orange or spinach & horseradish
 - gratin with layers cheese or onion sauce etc.
 - braise slices of beetroot in stock with 1 tbsp wine vinegar and garlic after first browning and coating with 2 tsp flour; takes about 25 min.
 - cook, grate and use instead of cabbage in bubble & squeak
 - coat wedges of cooked beetroot in batter and deep fry
 - in salads combines well with feta/goats cheese, hazelnuts
- See also Borshch.

BROAD BEANS

A *carrots & bacon/ham, creme fraiche/mascarpone & lemon, chervil, winter savoury*

Boil or steam. Cooking time depends on age of beans. Skin if old. Young beans can be peeled and served raw in salads or cooked in pasta primavera. Combine with other beans

- Purée cooked peeled beans with mascarpone, lemon and savory or simmer with butter, milk & savoury, finish with cream. Serve with croûtons.
- Boil or steam. Serve with a cream or yoghurt & garlic sauce, with ham and new potatoes, with onion, bacon and tarragon cream sauce.
- Simmer in a velouté sauce made with onion and white wine until reduced.
- Braise covered, with 5 tbsp olive oil, a few diced stock flavouring vegetables and 5 tbsp water until tender, moistening if required. Add peeled chopped tomatoes and simmer partially covered until the

Vegetables A to Z 12.5

tomatoes thicken.

- Stew in olive oil and onion; add sage and tomato purée; cover with water and simmer until reduced.
- Mefarka - cook, add to cooked minced beef, reheat, stir in 3 eggs

BROCCOLI

A *soy sauce, garlic, lemon, ginger, anchovy, Parmesan, blue cheese*

For perfect broccoli, cut off florets, peel & slice stems. Add stems to open, fast boiling water, 2 min. then add florets and continue 3-4 min. Can roast or stir-fry or marinate cooked with onion, carrot (Escabeche)

- Cook, refresh, dry and then bake 15 min. 200°C with dots of butter, pepper & Parmesan.
- Steam whole & serve with hollandaise sauce, garlicked buttered breadcrumbs or orange & wine sauce
- Stir fry with ginger & sesame, or stove with oil and dress with soy or lemon.
- Add chopped mushroom & onion halfway through stoving, finish with lid off.
- Simmer in white wine, olive oil, olives or tomato 40-60 minutes removing lid at end.
- Marinate refreshed boiled broccoli pieces with chopped ginger (optional), 1 tbsp oil, 2 tsp sesame oil, 1 tsp garlic, 2 tbsp soy sauce, 2 tbsp chopped onion and 1 tbsp freshly roasted sesame seeds.
- Add broccoli cut in pieces, a chopped garlic, S&P and a cup of water or stock to sautéed onion and potato. Cover and cook until tender.
- Roast with garlic and thyme, Or garlic, oil, onion, mustard, vinegar
- Broccoli, mushroom & pecan crumble, also cauliflower recipes

BRUSSELS SPROUTS

A *bacon, nuts, nutmeg, tomatoes*

Peel off blemished outer leaves, trim base. Barely steam or blanch then sauté with butter & breadcrumbs or nutmeg, or stove as below, or purée with milk, butter, egg yolk and bread crumbs;

- Stove on their own or with carrots, 2 oz butter, chopped onion and herbs in a wide pan for 30 minutes plus.
- Sauté ½ oz flaked almonds and 4 oz diced smoked bacon until

Vegetables A to Z 12.6

brown, add steamed sprouts for 3 minutes (allow to char a little) then off the heat pour in 6 oz double cream and lemon zest and reduce, stirring. Add S&P & lemon.

- Cook 1 lb chestnuts in 10 fl oz stock and ½ oz butter until soft and absorbed. Heat cooked sprouts in butter and combine.
- Purée with 3 beaten eggs, 10 fl oz single cream and bake in individual moulds in bain Marie 170°C 30-40 min; turn out & serve with contrasting sauce.
- Finely slice into shreds and saute, stirring, until soft with butter and pepper. Finish with cream or tomato sauce.

CABBAGE

A *fennel seeds, nutmeg, star anise, ginger, bacon, sour cream, walnuts, caraway, mushroom*

Red cabbage and white cabbage are heavy and dense and require long cooking. Cut into six wedges through the stem and cut out the stalk (leave a little if cooking as wedges). Cut across to make shreds unless cooking as wedges. Best braised slowly.

- Braised cabbage: Soften a sliced onion and garlic in 1 oz butter, stirring in any spices and bacon. Shred the cabbage and add with any other vegetables. Stir in and add a tbsp water or stock. Cover and simmer 175°C for 1 hour; remove lid toward the end if too liquid. Optionally stir in 5 fl oz soured cream and reheat. Red cabbage: use vinegar and a pinch of brown sugar, parsnip, sultanas, cinnamon and coriander. Cook slowly 2 h. Option add browned sausages last 30 min. Sweet & sour red with red wine, cranberries, brown sugar, vng
- Cut in six & parboil. Drain, dot with butter and bake with 5 fl oz stock, covered with greaseproof paper, 190°C 30 minutes. Optionally include ham, sausages or garlic sausage for a complete meal.

Savoy cabbage, sweetheart are more open, Leaves can be peeled off and stout stems removed with a knife. Avoid water if possible, steam, stir-fry, braise or stuff.

- Slice and stove with 2 oz butter, fennel seeds, zest of lemon, 2 tsp sugar and seasoning stirring occasionally until soft, remove lid at the end to dry out. Add lemon juice and cook a bit longer.

Vegetables A to Z 12.7

- ☉ Bake with mushrooms, parsnips and nuts
- Shred and parboil. Drain and add 10 fl oz thin cream, horseradish, nutmeg, S&P; cook until tender, stirring occasionally and removing lid to reduce the sauce if required. Alt: use tomato sauce, add yoghurt before serving.
- Finely shred and salt for 30 minutes. Rinse and dry. Stir-fry fast in 2 tbsp hot oil 3 min. Add ½ oz pine nuts and continue 2 min; add a mixture of 2 tbsp wine vinegar, 1 tbsp each water & sugar, 1 oz raisins and fry 1-2 minutes longer to reduce.
- shred, parboil and cook, covered, in 4 oz butter until tender & golden; mix with grated cheese and quiche custard mixture; use in quiche or bake in bain-Marie.
- Stuff between the leaves or roll up individual leaf parcels with parsnip & pecan and/or red bean, peanut & chilli fillings. Cover with tomato sauce and lid and bake 40 min. 180° till hot.
- ☉ Cabbage carbonara with bacon & cream
- ☉ Curried cabbage
- ☉ Casserole with tomato sauce & add sour cream

Cavolo Nero (black cabbage)

This Italian import is well behaved and has a fine flavour. After washing, the leaves can be pulled off the stems and cut into short lengths for boiling or steaming 8-10 minutes or so then final treatments

- ☉ Sauté garlic in butter/olive oil, and chilli. Add the precooked cavolo nero and reheat with juice and zest of lemon, finish with crème fraîche
- ☉ Stir-fry with tomatoes, garlic, chilli

CARDOON

The stems are used, and should be blanched in acidulated water for 10 minutes before cooking

- Stuff with minced lamb stuffing (between 2 stems)
- Gratin with pitted olives, and a white wine sauce and grated cheese.

CARROTS

A smoked *bacon, orange, nuts, nutmeg/coriander, cinnamon, star anise, cardamom, saffron, curry powder, vanilla, cumin, basil*

Vegetables A to Z 12.8

These roots take a lot of cooking. Cut lengthwise through the stem into quarters. Cook small ones whole. Cut these crosswise into batons or dice. Cook “Vichy”, “Anna”, roast, sauté or braise. Or steam and purée with butter and sherry.

- ☉ Carrots/turnips Vichy: Cut carrots or young turnips and put in an open heavy pan. Add water to barely cover, 1 oz butter, 1 tsp sugar, a pinch of salt and a dash lemon juice. Bring to the boil and cook rapidly until liquid has gone by which time the vegetable is cooked. Optionally use a little orange juice & more sugar to glaze, or add 3 tbsp wine vinegar, ½ minced onion and bay leaves or add ginger and orange or sherry. Alt: add 2 star anise or cinnamon to the water.
- ☉ Stoved carrots with bacon: Dice and parboil carrots. Sauté in 2 oz butter with chopped bacon rashers, thyme, garlic and onion, S&P until browned. A la crème: omit the garlic if liked and stir in a little cream, reduce to thicken and serve.
- Carrots Provençal: Soften onion in olive oil add 8 oz tomato, garlic, and 8 sliced olives and cook for 2 minutes, then ½ cup each wine & stock, basil, simmer covered till tender.
- Carrots baked with celery: Cut into sticks with celery and simmer in stock till tender. Remove and bake as a gratin with veloute sauce and Parmesan
- Carrot custards: Prepare carrots Vichy with orange and cinnamon and liquidise. Stir into boiled cream and add 1 egg plus one yolk. Pour into greased moulds and bake in a bain-Marie 40 min. at 150°.
- Glaze with honey, saffron, thyme, white wine
- Carrot cake - pre-cook shredded carrot, drain and purée. See baking.
- sweat sliced carrots in butter to colour; add 1 tsp sugar, a glass of white wine, s&p, cover and simmer until cooked. Evaporate liquor and coarsely chop. Chop and fry mushrooms. Whisk 1 egg & yolk, 3 fl oz double cream, 6 oz grated cheese, parsley. Combine all & bake in a lined tin in a bain-Marie 30-40 min. 200° till set.
- sauté with onion garlic, butter, s&p, reconstituted ceps. Add a spoon of water occasionally until cooked.

Vegetables A to Z 12.9

CAULIFLOWER

A *bacon, nuts (almonds), nutmeg, butter, cheese, cumin, araway, egg*
Don't cook whole. Break into florets. Steam or microwave and finish with garlic/chilli crumbs, spiced cream or as a gratin or purée. It makes an excellent Korma vegetable or ala grecque Use most broccoli recipes.

- ☉ Roast florets with cumin seeds, fennel seeds, garlic & optionally Parmesan. A favourite! Consider 2 min microwave first.
- Cauliflower terrine. Cook and purée. Make 1 pint of basic bechamel with milk add 2 beaten eggs. Combine, season, put in ovenproof dish. Cover with sliced tomato. Bake 30 mins 200°C and turn out.
- Pre-cook and bake "Parmigiana" with layers of tomato and cheese.
- Use either spicing method, with cumin & coriander; second method goes well with carrot & parsnip.
- braise in red wine, olive oil and olives
- ☉ Pre-cook florets and re-assemble over a bowl of breadcrumbs, almonds and garlic. Bake in oven 10 minutes. Invert
- serve steamed on a bed of red pepper coulis or watercress purée
- mix a cauliflower purée with a purée made from reducing chopped tinned tomatoes with butter and with grated cheese and bake.
- brown cauliflower florets in 2 oz butter; remove; fry a purée of onion, coriander, turmeric, cumin, cayenne, caraway, cardamom; add bay leaf & return cauliflower; cover & bake 180°C approx 30 min.
- cook and bake with sliced tomato in a crumble.
- Reduce 3 oz of the cooking water with crème fraîche, stir in cheese & seasoning, spoon over & grill.
- Gratin cooked florets with butter cooked chicory strips - add mix of crème fraîche, capers, lemon zest, squirt of lemon, breadcrumbs cooked in garlic butter
- ☉ Lemon butter cauliflower
- ☉ Cauliflower cheese risotto

CELERIAC

A *cream, leeks, mustard mayo, curry flavours, potato dishes, stews*
Wonderful flavour and versatile. Peel and cut into chunks into acidulated water. Roast, steam, sauté stove, mash. Excellent for soups,

Vegetables A to Z 12.10

stocks and casseroles. Combine with other root vegetables

- Bake slices of blanched celeriac in a little butter, covered in foil for 25 minutes at 180°C, remove foil and brown at 200°C. Option: cheese or tomato sauce. Or double cream & white wine further 20-30 min.,
- boil & mash with potato adding butter, cream etc. Use with any mashed potato recipe
- bake layers of celeriac & onion in milk, dotted w/ butter 75 min. 190°
- bake layers of celeriac under foil 40 min.,; then uncover & gratin with
- combine grated with potato for Rösti, ideal with fish
- ☉ Celeriac remoulade: Grate into acidulated water, squeeze dry and add mustard Mayo.
- ☉ Stove slices with potato, onion, sage
- ☉ Celery , tomato & smoke bacon

CELERY

A *cream, almonds, tomato*

Cut crosswise into thin slices, discarding strings. Steam, braise or add to stews. A constituent of some flavour bases

- ☉ Amandine - Chop & cook covered 15 min. with 1 tbsp chopped onion, S&P in 2 oz butter. Stir in well 2 tsp flour, 4 oz single cream & 2 oz chicken stock (or just double cream) & reduce. Add toasted almonds.
- ☉ Braise in chicken stock (e.g. with onion & carrot or smoked bacon)
- ☉ Blanch; gratin with reduced thick cream sprinkled with breadcrumbs or cheese.
- stir fry with ginger etc..
- sauté in oil until brown and finish with tomatoes, then vinegar, sugar, cinnamon etc, garnish olives.
- bake, covered, 200°C 30 min. with reduced wine and basil sauce and a sprinkling of breadcrumbs.
- layer sticks in baking tray, cover with stock and bake long and low, uncovered.
- ☉ Gratin with cheese & cream

CHARD (SWISS)

A *cream, butter, ginger, Parmesan, thyme*

Vegetables A to Z 12.11

Rainbow chard looks spectacular. Cut leaves and add halfway through cooking.

- ☺ Cut the stalks into 1 inch pieces and saute covered in oil and butter until almost soft. Add the chopped leaves and continue until tender. Option finish with curry powder and double cream. Leaves can be blanched and stuffed like cabbage leaves.
- ☺ Gratin cooked Swiss chard with cream, egg, Parmesan, breadcrumbs

CHICORY

A *orange, butter, ginger, nutmeg, Parmesan, thyme, mustard, honey*

Raw in salads or roasted/braised with various accompaniments; tends to be bitter when cooked, so optionally blanch in acidulated water & squeeze dry before baking or sautéing.

- ☺ Roast with juice & zest of orange and butter
- ☺ Roast with mustard, honey & thyme
- Boil & squeeze. Roll in slices ham spread with mustard and pack into baking dish. Add 15 fl oz bechamel made with onion & 3 oz grated cheese, sprinkle with buttered crumbs; brown at 200°C.
- Gratin with cooked mushrooms and grated cheese.
- Tarte Tatin - use enriched pastry with orange zest. Brown chicory heads in a caramel of 4 oz sugar & 1 tbsp honey. Add coriander, cinnamon & pastry. Bake 190°C, cool a little & invert.
- ☺ see also chicory & artichoke salad

CHINESE LEAF - See PAK CHOI

COURGETTES

A *basil, thyme, mint, garlic, tomato, peppers, lemon, cheese, egg*

Remove any blemishes. Cut in two lengthwise or slice across thinly.

Can be de-gorged with salt to reduce water content. Blanch, stir-fry or bake with a sauce.

- Blanch 2 min, thinly sliced, with salt ½ tsp sugar. (1 min. for salads)
- ☺ Slice, de-gorge, drain and dry. Sauté in butter until soft not brown. Transfer to gratin dish. Cover with a seasoned purée of sautéed chopped tomatoes & garlic. Sprinkle with bread-crumbs, dot with butter, bake at 210°C for 25 minutes.

Vegetables A to Z 12.12

- ☺ Fry halves with pepper, lemon, breadcrumbs
- Put sliced courgettes, sliced skinned tomatoes, coriander, cinnamon, cloves and chilli into a casserole with 4 oz single cream. Cover & bake in a low oven 30-40 minutes, moistening occasionally.
- Arrange overlapping layers of sliced tomato, courgette, potato, onion, drizzle with oil and bake 180° 50-60 minutes.
- Sauté in butter and oil with thyme until turning brown. Add zest & juice of lemon and bread crumbs half way through.
- ☺ Cut into slices lengthways, brush with oil, grill/dry-fry both sides, marinate in oil & flavourings. Or top a pizza with basil & tomato.
- Diced add with onion to make a pilau or risotto, flavour with sage or oregano, vegetable stock, white wine.
- Dice and sauté in butter with onion, garlic, cumin seeds, cinnamon and turmeric and serve on a bed of couscous
- ☺ Simmer sliced until just cooked in minimal water. Bake in saute dish w/ double cream, egg, & grated cheese.
- Add diced & cooked to omelettes with cheese

CUCUMBER

A *dill, fish,*

Usually a salad vegetable, or with yogurt in raita, can also be sautéed.

- sauté pieces in butter as accompaniment to salmon/trout
- layer thin slices, seeds removed, with cheese, top with a tomato sauce and dot with butter, bake for 45 minutes
- Raita: Greek yoghurt, garlic, chopped coriander/mint, cucumber,

EDDOES Treat as potato, roast, boil or bake (has nutty flavour)

FENNEL

A *sugar, apricots, onions, peppers, lemon, coriander, bay, casseroles, cheese, fish*

Cut down though the stem along the widest diameter and remove the root and stem. (leave a little if cooking halves) Cut into wedges. Pull off any strings. Parboil & bake as gratin, or purée with potato, braise or sauté. Use any onion, celery or asparagus recipe. Aniseed taste boosts casseroles. Blanch for salads. Or al la grecque.

Vegetables A to Z 12.13

- ☉ Braise with butter and Parmesan, or olive oil, white wine, garlic.
- ☉ Bake with walnut & lemon.
- Parboil and bake 20 min. at 200° with any gratin ingredients [grated cheese & black pepper, or bechamel, bacon & breadcrumbs]
- ☉ Sauté parboiled wedges slowly in olive oil and butter both sides until caramelised, and acidulate with balsamic vinegar or lemon juice. Serve hot or cold as a starter.
- Sauté as above then bake covered, with fresh figs, butter, bay and cinnamon.

FRENCH BEANS

A *nut oils, walnuts, soy sauce, ginger, tuna, olives*

Boil uncovered 5-6 min until just cooked (they should squeak when bitten). Good plain optionally with a sauce. Excellent in salads, such as Nicoise or alone with vinaigrette or oriental dressing. Good with bacon and potatoes or soy and sesame - see broccoli. Use in a stir-fry.

- casserole with onion, lettuce and butter at 200°C until tender, remove lettuce
- Soften a chopped onion, add the beans and 1 tsp cumin and fry for 3 min.; add 2 tbsp water & cook 5 min. or until tender and liquid absorbed. Serve with freshly toasted flaked almonds.
- sauté cooked beans with butter, chopped garlic and basil, or onion, ginger and fennel seed
- stove with oil & garlic, optionally add mushrooms ½ way through.
- Blanch & sauté, gratin with duxelles, breadcrumbs & cheese.

GARLIC

A *onion, lemon zest, ginger, butter, thyme*

Cut off base of clove and tap with flat of knife to loosen skin. Peel and leave whole. For whole clove dishes blanch by putting into cold water, bringing to the boil and simmering 3 minutes, repeat four times. For salads or flavour bases cut into dice. Add to any dish with onion.

- Blanch and sauté in butter until golden on all sides. Serve hot/cold.
- Bake whole unpeeled cloves in the oven 30 min. 190° Serve in jackets or squeeze out to make a purée for soups.

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- Take a bulb each. Trim and cut off tips. Pack in an oven proof dish with 4 tbsp each water and olive oil, herbs and bake 30 min. covered 170° and 15 - 30 min. uncovered. Serve with toast and a dip.
- Garlic bread - make a paste from 3 fresh cloves garlic and 4 oz butter and spread within cuts of a French loaf. Bake in foil 200° 20 min. Option add herbs.

KALE

There is something unpleasant about the taste of kale. It can be shredded and cooked like cabbage or stir-fried with strong spices.

Cook with roasted sesame seeds, in butter plus juice & zest of ½ lemon

KOHLRABI

A cross between turnip and broccoli, after steaming unpeeled it makes a good gratin sliced with cheese or butter, or sour cream and chives, or cream sauce with dill and lemon juice. Cut raw into julienne for salads. Casseroles well with pork and red wine.

LAVER

Our home-grown seaweed, mainly in Wales. Mix bought prepared laver with oatmeal and fry as cakes. Serve with bacon, sausage or fried egg.

LEEKS

A *almost any vegetable dish especially potatoes, roots, tomatoes, peas*
Trim off green leaves. cook young leeks whole or cut in four lengthwise leaving a little at the root. Rinse under tap and squeeze out. Cut cross ways at cm intervals. Steam, sauté, braise or stir fry. Or a la Grecque

- ☉ Sauté whole leeks with tomatoes. Brown in olive oil then cover and cook till tender, turning once (approx 10 minutes) Remove and keep warm. To the juices add 2 chopped tomatoes and chopped garlic. Cook fast till soft, pour over the leeks, add a little lemon juice.
- ☉ Casserole whole leeks in white or red wine
- cut in 1/8 in rounds and cook covered in 1 oz butter; finish with cream, garlic and chives
- put whole leeks in a casserole with a 1 oz butter and herbs. Add 5 tbsp wine and 5 floz stock. Cover & boil briskly 5 min. then bake 180°C 30 minutes. Transfer leeks, split in two, to another casserole

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lined with toast spread with mustard. Pour over strained liquor and bake another 15-20 min.

- cream with juice & zest of orange, milk or cream
- steam and cool with mustard vinaigrette. Cover w/ chopped egg etc.

MARROW

A *butter, sage, tomato*

Marrows are large and bland but make a reasonable vehicle for stuffing.

Peel & scoop out seeds to make rings or cubes. Never cook in water.

Bake/stew in butter or add to casseroles;

add a light tomato and basil sauce to buttered marrow optionally add butter beans and reheat.

- bake under foil in one layer with butter, oregano or sage, coriander and a little sugar. 170 C 45 min. Turn occasionally and remove foil to reduce.
- blanch unpeeled rings and stuff with a strongly flavoured rice stuffing, bake on a tray under foil 45-60 min. 190 C
- Degorge and steam thin marrow slices. Cook Dauphinoise with onion, garlic, double cream and Cheddar

MANGE-TOUT

A *tarragon, cream*

Boil or steam and use any pea recipe

MUSHROOMS

A *soy sauce, tarragon, coriander, thyme, butter, chicken, lemon*

Use whole, slice or chop finely. Flat ones have most flavour. Darkens stock. Ideal on toast, gratins, terrines, Quiches or to stuff other vegetables. Serve cold a la Portugaise. When frying always fry fast in hot fat to brown and accentuate flavour or they will stew.

- Duxelles - chop & simmer in 1 oz butter until all liquid has reduced to a thick sauce. Add a little nutmeg and soy sauce. [Options, add a little finely chopped onion or dried porcini (cèpes) while cooking; add a little cream and reduce.]
- stir-fry with aubergine cubes and ginger, serve hot, or cold with soy vinaigrette.

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- marinate for 1 h in a mixture of olive oil, bay leaves & mixed herbs (e.g. thyme, lemon & cinnamon) then fry fast for 10 min.
- Slice and sauté, adding port or sherry, then cream and breadcrumbs
- Ⓢ Stuff with various breadcrumb stuffings. See CC6 vegetarian.
- bake upside down in one layer with garlic butter in each cup 15 min. 200 C or under foil 30 min, 190 C on toast spread with grated cheese & cream. Season & add more cream to each cap.
- Ⓢ Stroganoff with pork or beef CC4
- Ⓢ Mushroom Polenta Squares CC6
- Ⓢ Mushroom walnut & prune crumbles CC2

OKRA

A *onion, tomato, cumin, coriander*

Choose small young okra with smooth skins. Soak in lemon juice for 1 hour and carefully remove the stalk before frying in butter or oil.

Optionally use onion and spices, or finish in a tomato sauce.

- Ⓢ Use in a casserole with onion, peppers and tomato
- Ⓢ Casserole with onion, garlic, sweet potato and spices
- Rub off the bristles and cut off stems without opening pod. Soak 2 h in vinegar and a little salt. Dry, slice and fry in hot olive oil until crisp
- Boil & finish in an onion, sweet potato & tomato casserole, or with mashed potato.

OLIVES

Add to pasta, meat stews, salads, Tapenade

- casserole 1 lb Greek olives with 16 fl oz red wine, 4 cloves garlic, 2 bay leaves, 4 strips lemon zest, thyme, ouzo. Cover & bake 180°C 30 min.
- as stuffing for tomatoes - 9 oz reduced mushrooms with garlic, herbs & red wine. Blend in 3 oz stuffed olives & 5 oz breadcrumbs. Beat in 3 eggs separated and some grated cheese.
- Mix 10 oz flour, bkg pdr, 4 eggs, 4 tbsp olive oil, 5 fl oz wine. Add 8 oz pitted green olives, 6 oz sliced mushrooms, 6 oz grated cheese. Bake in tin 230°C 10 min, 190°C 40-50 till shrunk from sides.

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- Marinate brined olives overnight in olive oil, garlic, chilli, bay, zest, celery, red wine vinegar

ONION

A *garlic, thyme, balsamic vinegar, casseroles*

Glaze small ones; blanch & roast large ones; stew 1-2 h with white wine vinegar, olive oil, herbs & tomato purée until soft and reduced; braise in red wine; par-boil quarters, bake with sun dried tomatoes, herbs, oil & vinegar, under foil 50 min. then uncover, baste & reduce. Caramelize slices for Tarte Tatin, (+sun dried tomatoes.)

- To caramelize: Place 4 large sliced onions in a pan with tbsp water and cook uncovered about 2 h until all the juices begin to colour a rich golden brown.
- Blanch 2-3 min. then brown in butter, add dark stock with a pinch sugar & braise till tender, remove lid to reduce to a syrupy glaze.
- slice and fry and finish as onion gravy for mashed potatoes and liver or sausages.
- Pissaladiere: Stew sliced onions, garlic, thyme 30 min. Cook as pizza decorated with anchovies

PAK CHOI/ CHOI SUM

A *butter, ginger, lemon*

Chop and add to stir fries, sautes, braises and salads. Put stems in first and leave just before completion of cooking. See spinach and chard recipes.

- © part the leaves from the stems and cut in pieces. Sautee with oil, butter, ginger and lemon

PARSNIPS

A *peanuts, walnuts, cinnamon, brown sugar*

Peel then cut as carrots. Good roast or sauté, deep fried, or puréed; use any carrot recipe but allow for shorter cooking time. Has affinity for spices and citrus fruits.

- © Cook 1 lb until just tender. Sauté gently with 1½ oz butter & 1 oz chopped walnuts until light brown. Stir in ½ oz brown sugar mixed with ¼ tsp cinnamon; add 1 tbsp wine vinegar; cook 1 min.
- Peel, quarter, blanch 10 min.; dice; finish in pan with 3 oz butter on

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low until soft. Cream optional.

- Mousse: Cook 1 lb chopped parsnips with 4 floz each milk & salted water. Process with 4 oz cream cheese, 2 eggs, 2 tbsp dry sherry & nutmeg. Butter & line loaf tin. Sprinkle in toasted flaked almonds, spoon in mixture; bake in hot bain Marie 190°C 40 min. or until set. Cool 5 min., turn out.
- Gratin with cream & curry powder under foil 50 min. Or soften in butter & layer with brown sugar, cream, sliced tomatoes, cream, cheese, breadcrumbs
- Galette: steam, slice and line a greased baking tin; mix remainder with sauté onion and add. Mix beaten egg with 3 tbsp lemon juice and butter left from sautéing, pour over & bake 200°C 35 min.

PEAS

A *tarragon, cream, lettuce, spinach, mint*

Use frozen petits-pois. Affinity with buttered spinach, ham or lettuce. Any treatment for boiled or steamed vegetables will work with peas. Peas make an excellent base for any green soup.

- Peas with lettuce: Heat 1 oz butter and add 16 oz frozen peas, half lettuce, quartered, half onion, chopped, mint, tarragon or basil. Sauté 3 minutes. Season, add 1 tsp brown sugar. Cover and cook slowly 10 min. Stir in 2 tbsp cream and 2 tbsp fromage frais/yoghurt and heat through gently.
- braise with onion, streaky bacon and 2 floz stock
- liquidise 8 oz cooked peas with 1 egg & 1 yolk, 3 tbsp flour, 3 tbsp double cream and stir in 2 oz browned butter. Cook as drop scones in butter. Serve as vegetable or use as base for a gratin

PEPPERS

A *poultry, pork, aromatic herbs, garlic, fish and all the tomato family*

A versatile vegetable. Excellent roasted, or stuffed as flavour permeates the stuffing. Slow roasting brings out the flavour. Skin can be removed for salads or quiches by blackening. and serve in salad or use in quiche.

- To remove skin: Cut in six lengthways and grill or flash roast outsides until blackened. Pop in a small bowl with a lid before

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removing skin. Cut in strips, retaining the juices

- pepper & tomato pudding: use summer pudding method with 6-10 slices bread. Make filling from 1 each onion, garlic, pepper, tin tomatoes, tbsp tomato purée, ½ tbsp red wine, vinegar, sugar and herbs.
- boil with whole garlic; process with ground almonds and olive oil or boil with swede, potato garlic and onion and process with butter
- braise pepper halves with onion and tomato in wine and tomato purée.
- sauté sliced onion 10 min. in oil; raise heat & add julienne pepper until soft and patched brown. Add 1 clove garlic and ground coriander; fry 2 min, stir in balsamic vinegar or mix with boiled potatoes and balsamic vinaigrette for salad. Opt: sun dried tomatoes.
- Fill an oiled roasting tin with halves, cut side up. Drizzle generously with olive oil and grill/flash roast 15 min. Scatter with chopped anchovy, garlic & herbs. Put a tinned tomato in each half and cook another 15 min, while basting. Serve hot or cold with bread to dip in the tin.
- ☺ Stuffed peppers see CC starters.

POTATOES

A *rosemary, thyme, meats*

Peel after cooking to minimise loss of vitamins and flavour. Steam new potatoes. Parboil & sauté slowly. Mix vinaigrettes hot, salads can be eaten warm, just with a little onion or most other vegetables. Onion or bacon can be added to most recipes.

- ☺ **Anna Potatoes** Thinly slice potatoes and garlic. Liberally grease flame-proof casserole with butter; combine layers of potato interspersed with garlic, thyme, salt, pepper and dots of butter. Cover & cook fast on hob for 15 min. Finish in oven 190°C for ½ h. Variation: Jerusalem. Artichokes, fennel.
- **Baked** - clean skins, wipe in olive oil, prick through with skewer each way, bake on tray 190°C 90 min. according to size or microwave and finish in oven. See Section 3 for fillings.
- **Balls, Patties And Croquettes** - combine mashed potato with egg

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yolk, butter, cream and dip in beaten egg and crumbs. Fry until golden brown, or pipe & bake (Duchesse) or mix with Choux paste and deep fry (Dauphine)

- ☺ **Boulangere** - sliced and baked with blanched onion, dotted with butter, in stock 1 hour 200°C. Var: bacon, leeks, herbs etc.
- ☺ **Bubble & Squeak, Rumbledethumps** - see CC8
- **Cakes (rösti, Darfin, Julienne)** - cut into match sticks, squeeze dry but do not wash; cover and cook 30-40 minutes whole in butter in a large pan, adding seasoning half way through [Alt: cut into disks]. Finish in oven or turn over. (Add onion, red pepper celery etc. Pan Haggerty - layers of sliced potato with onion & grated cheese inside)
- ☺ **Creole potatoes** CC8
- **Duchesse** - enriched mash piped into cones and baked
- **Dum Aloo Sauté** 10 small new potatoes with 3 tbsp of oil & butter for 15 minutes or until well browned and tender. Sauté 8 oz finely chopped onion with another 2 tbsp oil/butter. Add fresh ginger, 4 pods cardamom, turmeric, cayenne, coriander, cinnamon then 2 tbsp lemon juice and stir vigorously. Add ½ cup yoghurt, coconut powder, S&P. Return to boil, add the potatoes and simmer 5 min, to adjust consistency.
- **Fondant Potatoes** - Peel & quarter. Surround ¾ by well flavoured stock. Brush tops with melted butter. Bake 190° 30 - 40 min, brushing occasionally
- **Gnocchi** - mashed potato formed into balls and boiled
- ☺ **Gratin Dauphinois** - slice thinly and bake with single cream & nutmeg, in buttered dish, dot with butter; 2 hours 170°C. Variations: thinly sliced softened onion (Lyonnais), grated cheese (Savoyard), cheese & juniper (Ardennais) Other: mix with celeriac.
- **Hedgehog Potatoes** Cut thin crosswise slices most way into each baking potato. Transfer to a greased baking dish, brush with melted butter and season. Bake 40-50 minutes at 230°C. Sprinkle with bread crumbs & melted butter and paprika for last 5 min.
- **Indian Dry Fry** - heat cumin, mustard seeds, fennel, chilli, turmeric; cook 5 minutes; add coarsely mashed or diced potato and lemon

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juice; fry stirring another 6 minutes Variation, add spinach or onion

- **Iranian Potatoes With Turnip** Season 10 oz grated turnip and spread over greased shallow baking dish. Cover with overlapping thin slices potato. Whisk 8 fl oz milk with 1 tsp cinnamon and pour over. Drizzle over 1 oz butter. Bake 20 min. 200°C; reduce to 180°C a further 50-60 min. until most liquid absorbed and top golden.
- **Mashed** - with a ricer, butter/cream and plenty seasoning. Mix with other mashed vegetables
- **Parmentier** - peel, dice, wash & dry. Shallow fry on medium in batches in oil & butter 10 - 12 min. till golden. Transfer to roasting tin and finish in oven . Variations: add garlic, bacon.
- **Paprika Potato** Cook an onion and two peppers in butter until just tender. Stir in 4 sliced medium potatoes, stock, tomato, cayenne, 1.5 tsp each caraway and paprika. Bring to the boil, partly cover & simmer for 10-15 minutes until potatoes just soft. Season and serve with sour cream.
- **Potato Cakes** - mash mixed with flour and egg, optionally cheese and baked. Croquettes are coated in breadcrumbs etc.
- **Purée** - mash with butter, garlic & cream or add some root vegetable, onion, spinach, fennel etc.
- ☉ **Roast** - parboil them first and add to sizzling fat. See basic methods.
- **Stove** new potatoes with rosemary and olive oil
- ☉ **Potato Salad**
- Stud with bay leaves and braise in open dish with chicken stock and 4 floz oil 200° 45 min.
- **Tiles** - beat 1½ oz butter, 1 tbsp sugar, ½ tsp salt and 2 oz mashed potatoes. Blend in 1 egg white. Quickly drop tsp onto buttered baking sheet 3” apart. Spread each out thinly with back of spoon. Sprinkle with rosemary & salt. Bake 6 min. 230°C or until edges golden. Place over rolling pin to curve. Cool on rack. Repeat.
- ☉ **Thins and Wedges** - like oven chips

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PUMPKIN - SEE SQUASH

RUNNER BEANS

🍷 *marjoram, basil*

Remove any side strings and cut diagonally into manageable lengths. Normally boiled uncovered and served with usual sauces, but can be sautéed, stir fried or braised. Consider any French bean recipe.

- Serve with butter, or tomato, or tarragon cream, or lemon & horseradish sauce.
- fry spices in butter & oil (mustard seed, cumin, turmeric) add beans, cover & stove
- Saute covered with fried onion; add garlic coriander, allspice, flour and water, simmer 15 mins and stir in lemon juice

SALSIFY/ SCORZONERA

🍷 *citrus, basil*

Scrub or peel, cut into pieces into acidulated water. Boil in a blanc then serve in butter, as gratin or sauté with butter & garlic. Or “Boulangère” See potatoes.

SAMPHIRE

🍷 *Hollandaise, Mayonnaise, saffron*

Rinse well and blanch 30 seconds, and serve with Hollandaise sauté.

- Add to sautéed mushrooms and garlic towards end of cooking

SPINACH

🍷 *eggs & cheese, peas, nutmeg, bacon*

Sort, remove stalks & wash well. Wilt in a little butter, add to casseroles at end of cooking or microwave. Use baby spinach in a salad. As a purée it is used to colour green. Can be used with other leaves such as watercress, chard, chervil

- ☉ Sauté fast in butter and nutmeg, turning to present the uncooked leaves to the base. Press out the liquid and keep hot. Reduce juices until the butter reappears, pour over the spinach and serve. Variation: Add peas; pine nuts & raisins.

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- Use puréed with cream and/or potato
- Use in a gratin with for example, duxelles or grated cheese
- Cook, squeeze, chop and mix with 1 oz butter, 1 egg, 1 egg yolk, 6 oz ricotta, 2 oz cheese/ cream cheese/bechamel & nutmeg and bake in filo pastry or pie crust 180°C 30-40 minutes or steam in moulds lined with blanched, spinach leaves.
- incorporate into individual egg custards (2 eggs to 6 oz spinach) optionally with coconut
- add finely chopped to a pilau after softening the onion; sweat 5 min. before adding the rice.
- use blanched leaves to make parcels; fill with pilau and bake covered in casserole with orange juice and olive oil, 180°C 30 min
- blanch & refresh; dry, coat in flour, then egg; fry until golden; brush with warm honey & lemon and cornflour. Allow to harden.
- stir fry with mushrooms, garlic; add to prunes, pomegranate juice & slow cook, covered 1h20m
- wilt and fry with breadcrumbs, orange segments, , cinnamon

SPROUTED BEANS

Top & tail for appearance if desired. Add raw to salads; marinate 1 h in soy sauce, vinegar, garlic, spices; to heat blanch 15 sec or add to stir fry.

SQUASH (WINTER), [Butternut, Acorn, Pumpkin]

A *sage, butter, orange & cardamom, ginger, allspice, cinnamon, garlic*
Skin, de-seed and cut into chunks, roast or saute or steam and mash with cinnamon. Bake small de-seeded halves in buttered foil & serve with butter (190°C 30 min).

- Add cubed to casseroles
- ☉ roast with orange cardamom butter
- ☉ dice and sauté with cinnamon
- Braise dry with onion, butter, garlic and spices.
- Stew in butter, onion, garlic, ginger; then purée.
- Bake slices 40 min; add sliced peppers toward end.
- Fry cubes in olive oil with ginger until crisp; add honey, caraway &

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cinnamon.

- Pumpkin tart - make a purée & drain overnight to dry: mix with eggs, cream, brown sugar & spices.
- Gnocchi - boil till soft, squeeze out excess moisture. Blend in 4 oz flour, 4 oz grated cheese, nutmeg, s & p. Cover, chill, shape and cook in simmering salt water as Gnocchi
- Use with or without aubergine in a risotto with sage & Parmesan

SWEDE

A *sage, nutmeg, butter, cream/ crème fraîche, Parmesan, ginger, other roots*

Cook in chunks and mash with butter & pepper, incorporate coriander, potato or ground almonds.

- ☉ Bake mash over a layer of duxelles, sprinkled with flaked almonds.
- Variation: incorporate an egg, some milk or cream, 1 tbsp golden syrup & 2 oz breadcrumbs and bake for 2 hours at 160°C for the flavour to develop.
- Dauphinoise with onion, cream, nutmeg
- Purée for a soufflé if you can be bothered.
- ☉ Roast with Parmesan CC8

SWEETCORN

A *cream*

Boil on the cob and eat with butter, simmer the kernels in milk to make a chowder, add to casseroles and soups. Combine with pulses.

SWEET POTATO

A *squashes, citrus, ginger, sour cream or vinegar, Cajun spices*

Most ordinary potato recipes can be used but reduce cooking time.

Sweet potato tends to be floury.

- Mix with butternut, potato, celeriac recipes
- ☉ Bake as potatoes, cut open and stuff with the centre mixed with butter, cream and sherry or orange juice, or with sesame, soy sauce and strips of fried ginger, or melts w/ cheese, rosemary, chilli
- Boil and mash with potato or swede.
- Roast like ordinary potatoes.

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- Casserole with squash, sweet corn, sage and coriander.
- ☉ Boil & mash with milk, cream and 2 oz flour. When cooled beat in well 2 eggs and fry like drop scones in oil and butter. Serve with sour cream and lemon juice.
- ☉ Make a curry with tomato and coconut cream
- Make a pie crust by replacing half the flour and all the sugar with mashed sweet potato.
- ☉ sweet potato pancakes (drop scones)
- ☉ Dauphinoise with ham and artichoke

TOMATO

A *basil, onion, garlic, peppers, cheese, lamb, fish, aromatic herbs*

To skin cut a small cross in the skin and pour over boiling water. Halve, de-seed and cut into rounds. Use in sauces, soups, stews & casseroles, salad, stuffed, in a flan, skinned, de-seeded & cut in rounds, or as a thick purée with onion etc., or mousse. Adding lemon heightens their acidity, a pinch of sugar their sweetness.

- ☉ Gratin with various fillings
- Tomatoes Provençale - halve, score, sprinkle with olive oil, salt, ½ tsp sugar and grill, basting. Half way through add chopped garlic & lemon juice.
- OR Heat 1 tbsp oil in fire-proof tin with garlic. Fry tomato halves cut side down till browned. Add basil & more oil. Turn & bake 6-7 min. 200°C Use 2 halves to make dressing with juices for remainder.
- ☉ Tomatoes Maroc - simmer in onion, wine & spices
- Cut off tops of large tomatoes, fill replace and bake. See olive stuffing & general instructions.
- Fill a baking dish with alternate layers of sliced skinned tomatoes and a mixture of brown breadcrumbs, grated onion, chopped bacon, basil. Dot with butter & bake 200°C 30 min. until brown.
- Or stuff with bread, olives, mustard & thyme.
- Layer sliced, with cooked rice, fried onion & herbs. Top with bread & cheese. Bake 180° 40 min.
- ☉ Use to make tomato tarts with olive oil, thyme, basil

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- Slice & fry both sides in bacon fat. Reserve. Deglaze with cream. Reduce & pour over.
- Tomato jelly - 1 pt juice, lemon juice, sugar, Tabasco, basil, gelatine.
- See also pepper & tomato summer pudding

TURNIP

A *creme fraiche, citrus, horseradish, other roots*

Use young turnips only. Top, tail and remove any blemished skin.

Young turnips are excellent blanched whole and stewed in a little butter with herbs to taste. Can be added to casseroles. Or blanch and roast.

- Cook as carrots “Vichy”, with 2 tbsp orange juice.
- Dice, blanch and glaze with butter and sugar, frying briskly to caramelize.
- Grate and soften in butter then gratin with double cream and browned breadcrumbs.
- Bake grated turnip with some onion in a custard.
- Turnip galettes: Slice thinly and dip in a batter of cornflour vanilla sugar, cardamom. Overlap to form individual size disks. Fry both sides in butter & serve warm.
- Combine blanched cubes turnip with cooked chick peas, butter, oil, cinnamon, ginger, cumin, coriander and cover with bean liquor. Simmer 15 min. until the liquid reduces to a sauce.
- Fry a garlic clove in 3 tbsp olive oil & discard. Add thin sliced turnips, salt, lemon zest. Sauté 5 min. Add chopped watercress or kale & lemon juice; cover & cook 2 min; leave covered 10 min
- ☉ Stove with cavolo nero

WATERCRESS

Use in salad, sandwiches (with lemon zest), soups and purées. Cook with other green leaves such as spinach, sorrel etc. Cooking destroys colour so reserve leaves to finely chop & add when cool or just before serving.

YAM- prepare as sweet potato.

13. Pulses, Nuts & Grains

This section covers

Pulses

Rice

Pasta (for Gnocchi see Starters)

Other Grains

Loaves & Roasts including nuts.

(Cereals as flour see bread, cakes, desserts)



Pulses

Pulses provide proteins complementary to grains, nuts and seeds and eating together greatly increases the useful protein which can be absorbed. Pulses deteriorate on the shelf so concentrate on a few varieties and ensure a good turnover - most are substitutable. Wash and soak in plenty of cold water before using, either 4-8 hours or overnight. Lentils do not need it but benefit from it. If time is pressing the soak can be shortened to an hour by pouring on boiling water and increasing cooking times.

After soaking, put in a large pan with plenty of cold water, bring slowly to the boil and boil uncovered, vigorously for 10 minutes. Rinse the beans and clean the pan and bring to a simmer again with fresh water to cook. This process helps to remove oligosaccharides which cause flatulence when digested by enzymes in the intestine (also removes poisons from kidney beans).

Cook without salt to avoid toughening the skin (apart from lentils and split peas of course) and without soda which affects flavour and destroys nutrition. Cook alone or add to casseroles provided the latter have plenty of liquid and if skins are included, no salt (e.g. no stock cube). The cooking liquid can be consumed provided the quick boil has been used to remove toxins. Always cook pulses slowly to avoid disintegration and for a long time to induce a creamy texture.

Pulses absorb flavours and are enhanced by fat - Cassoulet is a prime example. They are heightened by spices such as cardamom, cumin and coriander. Final cooking time depends on pulse type and condition, some are sold part cooked. Authorities vary over cooking times so

Pulses & Grains 13.2

Bean Type	Min, Hob/ PC
Red Lentil	20-30 / 8
Mung Bean, Split Pea, Adzuki Bean, Brown/Green Lentil,	30-60 / 10
Black Eyed Bean, Lima/Butter Bean Borlotti, Haricot, Flageolet	45-90 / 15
Kidney, Black, Cannelini, Pinto	60-120 / 18
Ful Mesdames, Chick Pea, Brown, Field	90-180 / 20
Soya Bean	180+ / 30

Pressure cooking can lead to disintegration; PC times assume ambient cooling. Allow 3 oz dried beans per helping

follow the packet, but in absence of guidance the following times apply to pre-soaked pulses:

Uses:

- As a thick base for soups & purées: - fry a chopped onion in an ounce of butter, add any herbs, spices and other vegetables and meats and sweat them, add the soaked pulses and liquids, allowing for the pulses absorbing some and avoiding salt. Cook for the requisite period (see above) liquidise if desired, season with salt and pepper, reheat, stir in cream or yoghurt if required, or butter for purée. Soups see section 2.
- As a casserole: Similar method as above but with just enough liquid to be absorbed. If the vegetables need little cooking to retain their shape then precook the beans. Simmer slowly, a sprinkling of garlicked breadcrumbs just before serving absorbs fat and adds interest. Where there are no delicate vegetables then a long slow bake at 150°C yields a creamier result.
- Cooked pulses can be used liquidised in dips and pâtés, in bakes, loaves, as a side vegetable [reheat in a little spiced oil or purée sauce], or in salads:
 - Chick peas - garlic mayo, lemon/olive/cumin, vinaigrette/garlic/mint/yoghurt
 - Beans - tomato/lemon/herb vinaigrette
 - Lentils - red wine or lemon vinaigrette/spices
 - Bean sprouts - soy vinaigrette

Pulses & Grains 13.3

Ful Mesdames

Precook 8 oz dried beans. Drain, add salt, pepper, ½ tsp cumin, 2 tbsp olive oil, 2 tbsp lemon juice, a little chopped parsley and chili powder. Serve hot as side vegetable or with hunks of brown bread.

Chick Pea And Spinach Salad With Yoghurt

Add 1 lb spinach, cooked without water, drained and chopped to 6 oz dried chick peas, cooked and drained. Add 6 tbsp vinaigrette, black pepper and chill. Before serving stir in ¼ pint Greek style yoghurt soured with a little lemon juice. Chopped onion or garlic optional.

Lentil And Mushroom Pate

Cook 4 oz chopped mushrooms in 3 oz butter to drive off the liquid (or use Duxelles); add 2 chopped cloves garlic and cook 2-3 minutes. Add 6 oz continental lentils, cooked and drained, and parsley, salt, pepper and lemon juice to taste. Chill before use.

Houmous

Liquidise 4 oz cooked and drained chick peas, with 4 tbsp liquor, 2 cloves garlic, 2 tbsp lemon juice, 2 tbsp Tahini, 2 tbsp olive oil until smooth. Season.

Refried Beans

Soften a large chopped onion with 2 tbsp oil and 3 cloves garlic. Add 1 tsp cumin, coriander & chili and cook 2 min. Add 9 oz cooked red kidney beans; heat through and mash if required.

Chilli Con Carne

Brown large chopped onion and 2 cloves garlic in a little oil. Add 1 lb minced meat and brown (or add TVP without browning) Add 1 tsp cumin powder, 1 tbsp chilli powder, tin tomatoes, 12 fl oz water, bay leaf and salt. Simmer for 2 hours, adding 8 oz red kidney beans, pre-cooked and drained 20 minutes before the end.

Lentil & Nut Loaf

See vegetable main courses.

Baked Beans

Fry a sliced onion & garlic in 1 tbsp oil for 5 min. then add 12 oz haricot beans, just precooked & drained, 1 tsp dry mustard, ½ tsp basil, 2 tsp black treacle, 5 fl oz tomato juice (from tinned tomatoes if req), 2

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tbsp tomato purée, 2 tsp brown sugar 10 fl oz unsalted stock. Stir, bring to the boil, bake 3 hours 150°C or 4 hours 140°C, stirring occasionally. Don't allow to dry out.

Falafel

Soak 4 oz dried chick peas overnight, rinse and drain. Rough chop in processor. Add 3 chopped garlic cloves, 1 chopped onion, 1 ½ tsp cumin, paprika, S&P ¼ tsp baking powder 2 tbsp sesame seeds, fresh herbs (parsley coriander). Whizz to a gritty texture & fry both sides 2-3 min each.

Cassoulet (& Similar)

Beans combine so well with fatty and smoked meats. Long cooking together means the beans absorb the richness and flavours. Use any tasty meat which needs long cooking, or sausages. Include something smoked. The recipe here is based on Cassoulet.

Soak, quick boil & then cook 16 oz white haricot or flageolet beans with an onion, celery, 3 garlic cloves, bouquet garni and collar skin or smoked streaky bacon in enough fresh water for 1.5 hours, reserving liquid. Meanwhile pierce and part roast to brown any joints. Assemble meats (e.g. smoked collar, duck legs, chicken pieces, pork shoulder, lamb joint) with the beans in a flame proof casserole. Mix the strained bean liquor with a little mustard, herbs and seasoning [opt: tomato sauce or purée] and pour over to just cover. Bring to boil; simmer gently for 1.5-2 hours, 140°C, moistening occasionally. 30 min. before end adjust liquid, add sliced garlic sausage, optionally sprinkle with garlic bread crumbs. Remove the lid until the liquid recedes or top up if too dry. Raise to 180° 15 min. before serving to brown the top.

Red Bean And Burgundy Casserole

Use basic casserole method. Add in order, 1 tbsp oil, 1 medium onion (soften), 1 clove garlic 1 tsp cumin seeds and ½ tsp oregano, cook 2 min, 4 dry oz red kidney beans precooked, 4 oz brown lentils, soaked, 2 medium potatoes, bay leaf, ½ tsp thyme, 8 fl oz water, 5 fl oz red wine. Simmer 10 min, add tin tomatoes & 2 carrots, simmer 10 min. & add cauliflower, simmer 10 min, add 4 oz leeks & 4 oz sliced mushrooms, S & P. Simmer 10 min.

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Pease Pudding

Simmer 1 lb split peas until tender. Drain and process. Stir in 2 oz butter and a large egg. Season and steam in a buttered basin for 1 hour.

TVP

Per portion: Add 2 oz dark TVP to 4 fl oz boiling stock. Add tomato/veg purée, yeast extract, herbs to taste. Gently brown chopped onion in ½ tbsp oil, adding diced carrot/celery/parsnip after 5 min, then curry paste & garlic. Add TVP mixture and adjust liquid. Cook a few min. until tender. Mix with cooked rice or pasta, or use in place of mince in shepherds pie, chili sin carne, moussaka or lasagna

Sherry Lentils

Cook as normal but putting 1 tbsp brandy per person and add 1 oz butter, 2 tbsp double cream and sherry vinegar to taste.

Rice

To cook, measure 3 fl oz rice (=3oz) per person in a measuring jug and stir into a hot pan or casserole containing ½ oz melted butter or dessert spoon oil, coating well. Pour over double the volume of salted boiling water or stock (turmeric/saffron optional), bring quickly back to the boil, stir once, cover, simmer/bake in oven at 160-170°C. After 15 minutes for white rice or longer for brown rice, tip pan to see if water has all been absorbed. If not replace lid and repeat. Leave 10 min. before serving. NB brown rice benefits from an over-night soak - the amount of water to cook is unaltered.

► **Pilau/Pilaff rice** Prepare a pilau sauce and mix into the hot cooked rice or cook the rice with the sauce, adding at the end of the initial softening/browning stage with the right proportion of liquid.

Pilau sauce for rice or other grains:

Soften small chopped onion in generous olive oil/ butter, adding diced vegetables part way through. After 10 min. or when moisture released is driven off, add chopped ginger & garlic, then seeds, whole spices or nuts and fry 2 minutes. Add rice/other grain if raw and stir well in, then the hot liquid and cook covered as above. Add remaining ingredients according to cooking time. If adding to hot precooked rice, cook until

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the other ingredients are softened. Add any precooked/no-cook ingredients & serve. [Cook fish separately. Precook fatty meat and use some of the fat to cook the sauce.]

Common ingredients - toasted nuts, cinnamon, saffron, sultanas, dried apricots, sun-dried tomatoes, bacon, herbs, mushrooms, fennel, grated/diced cheese, chicken, sour cream, herbs, raw egg.

► **Kedgeree** - 1. From ready cooked ingredients: Heat 2 oz butter until foaming, stir in pilau rice (or a little turmeric, nutmeg and coriander, or curry powder, and plain rice) and reheat. Add cooked smoked haddock (or cooked lentils) and continue heating. Finally stir in two chopped eggs. Serve very hot with fresh black pepper.

2. From scratch, poach or microwave the fish and fillet it. Meanwhile heat 2 oz butter in a wide pan and fry a chopped onion. Add turmeric, nutmeg and coriander, stir in the rice, add exact measured volume of heated water or fish stock, cover and simmer until cooked. Meanwhile boil the eggs. Add to the rice first the fish and plenty of ground pepper, reheat and stir in the chopped eggs. Crème fraîche optional.

► **Coconut rice** - use coconut milk and lemon zest, curry leaf optional.

► **Cream Rice** - stir any hot cream sauce such as mushroom, leek, saffron, fish, into any hot rice. Make a ring and pour into the centre.

► **Pesto Rice** - stir any pesto into hot rice.

► **Nutty Rice** - cook 3 oz butter to nut brown first. Add rice & brown, then onion & stock as normal.

► **Risotto**, use Arborio rice, cook as pilau but uncovered, adding half a glass of wine and allowing to absorb before adding hot stock, a ladleful at a time and absorbing each time until the rice is soft (takes 3 or 4 times the volume of rice). Milanese: Add 1 oz beef marrow before the rice and saffron towards the end of cooking. Capro Roman: Add some meat and brown with the onion then cook with the wine and some chopped tomatoes (covered during the cooking) before adding the rice. Alt: add cooked chicken/ham/bacon at the end of cooking.

► **Greek spinach rice** - make a pilau, adding the chopped spinach with dill and lemon zest at the stage when the onion is softened, sweat before continuing. Similarly use chopped leeks, fennel.

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► **Egg Fried Rice** - Egg added raw before or after the rice, or as egg strips at the end. For 4 people use 8 oz rice (raw weight), cold cooked. Stir-fry chopped onion with 3oz chopped lean bacon or ham until warm and/or cooked - also include any prawns, diced pork, chicken, beef; add chopped green veg, ginger, spices & garlic (optional) then the rice and fry 5 min. until hot; make a well in the centre and on low heat add 3 beaten eggs, stir-frying 2 min. before stirring into surrounding rice.

► **Nasi Goreng** - fry ground onion, chilli and garlic till soft; add shredded beefsteak and raw prawns and fry till cooked. Add cooked rice and heat through stirring. Add soy sauce, egg strips, fried onion, diced cucumber.

► **Rice & Pulses** - Soften chopped onion & garlic in oil and add ginger & spices (cumin, coriander); add per person 2 oz lentils or pre-soaked pulses then 4 fl oz hot stock with flavourings (e.g. tomato purée). Cover and cook/bake until tender. Add per person 2 oz rice and 4 fl oz water and simmer/bake until tender. Season.

► **Substitute Pasta** - any dish with pasta can be adapted to use rice.

► **Rice pudding** - bake 2-3 oz washed, soaked, short grain rice with 1 tbsp sugar, 1 pt milk, pinch salt & nutmeg. 150°C 2-3 h, stirring occasionally. Optionally enrich with butter & eggs; blend in 1.5 oz butter then a beaten egg 1 h before end cooking, lighten with lemon zest. Adapt to micro wave cooking. Try with dried & glace fruits in stock syrup.

Pasta

Always boil in a large open pan of boiling water to which a spoon of oil and some salt has been added. Allow typically 4 oz per person. Serve with one of these sauces (fresh ground black pepper and/or grated Parmesan optional), * means recipe is in section on sauces

- 🍴 olive oil or butter
- 🍴 olive oil & garlic
- 🍴 olive oil warmed through with chopped fresh herbs
- 🍴 oil, basil, Parmesan, pine nuts (pesto)*
- 🍴 tomato or other purée sauce (napolitano etc.)*

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- 🍴 cream sauce (basically 8 fl oz cream reduced with a little butter and any other additions)*
- 🍴 cheese & raw egg (carbonara, usually with bacon)
- 🍴 Ragù (Bolognese sauce)*

A combination of the following to taste can be added, heat through in any of the sauces except pesto or carbonara which must not be preheated) before serving:

- 🍴 dried herbs, citrus zest
- 🍴 antipasto vegetables (cut small, usually in jars)
- 🍴 tinned asparagus, artichoke hearts
- 🍴 grated hard and cubed soft cheeses (add at end)
- 🍴 olives
- 🍴 pine nuts, pistachio, walnuts (use appropriate oil)
- 🍴 sun dried tomato in oil or reconstituted
- 🍴 grilled pepper strips with balsamic vinegar
- 🍴 cooked ham, bacon, lean meat, chicken
- 🍴 cooked smoked fish or mussels, thawed cooked prawns or crab meat
- 🍴 cooked crisp green vegetables (e.g. defrosted peas, broccoli)
- 🍴 avocado
- 🍴 dry cooked chopped spinach or chopped watercress
- 🍴 stir-fried vegetables

Mushrooms, raw prawns, onion, aubergine, peppers, more garlic can be cooked in the sauce during softening or toward the end of cooking time as appropriate.

Pasta Bakes

Pasta pieces (cooked) can be baked in a bechamel/RAGÙ/ricotta based sauce (20-30 minutes 180°C according to depth of dish).

Lasagne - in a baking dish put alternate layers of bechamel sauce (enriched with cream), cooked RAGÙ (bolognese sauce), and cooked sheets Lasagne starting and ending with bechamel. Sprinkle with grated cheese and bake for 30-35 minutes at 180°C. Store cooked sheets in cold water until use.

Vegetable lasagne - finely chop vegetables and stir fry or saute until

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tasty and tender. Layer with tomato sauce in place of Ragù if for vegetarians.

Macaroni - use cheese sauce with mustard; sprinkle with breadcrumbs and cheese and brown at 200°C, with or without chopped cooked bacon, mushrooms etc. Use 20 fl oz standard bechamel sauce and 6 oz cheese to 8 oz pasta. Macaroni can also be served with ragù and bechamel like lasagna, or baked in a sweet sauce as a milk pudding.

Tagliatelle or shells - process 8 oz cooked dry spinach with 8 oz ricotta, 5 fl oz single cream, ½ tsp cinnamon, seasoning. Mix with pasta into a gratin dish. Dot with butter and grated Parmesan. Cook covered for first 15 minutes.

Alt: use tuna, fennel seed & onion in place of spinach

See also pasta in salads, soups and casseroles.

Fresh Pasta

Pasta is preferably made with durum wheat, here is a substitute. Knead together 8.5 oz wholemeal flour with 2.5 oz semolina, [or 5 oz each strong and plain flour] 3 beaten eggs, ½ tsp salt and 1.5 tbsp olive oil to an elastic dough. (8 min. by hand, 2 by machine) Colour with 2 tbsp tomato purée, 4 oz spinach purée or ¾ oz minced, dried reconstituted mushrooms. Form into balls, knead a little and allow to rest somewhere not too cool for 2 hours. Put through the machine at widest setting; fold in two and repeat 8 times. Then on progressively reduce settings (without folding) to the desired thickness. Brush with flour whenever it feels sticky. Alternatively use a rolling pin! Option: add 1 oz fresh herbs finely chopped.

● A shaper is used for stuffed pasta such as ravioli but large stuffed pasta can be made by hand. Use a small pastry cutter. Stuffings are given in Section 3.

Pulse, Pasta & Rice Bakes

Lentil & Spinach Bake

Cook 8 oz red lentils in 1 pt water until soft. Cook 2 lb spinach, press dry and chop. In a greased baking dish put layers of spinach, sliced tomato and lentils and top with grated cheese. Bake for 40 minutes at

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190°C.

Mexican Chilli Bake

Prepare 8 oz refried beans (Section 10) Spread base of an oiled casserole with tortillas or bread. Spread with a purée of softened onion, carrot, celery, chopped ginger, a jar crunchy peanut butter, 3 tbsp tomato paste and 3 tbsp soy sauce. Sprinkle with chopped toasted peanuts then the beans. Top with grated cheese, sliced button mushrooms, peppers and finish with sliced tomatoes and cheese. Bake 180°C 55 min.

Pasta Romanoff

Mix 1 lb cream cheese, 20 fl oz sour cream with 1 tsp Worcester sauce. Combine in a baking dish with cooked pasta, scatter breadcrumbs and bake 175° for 25 min.

Mushroom And Pasta Bake

Sauté 6 oz mushrooms with garlic, lemon juice. Put in baking dish with 8 oz pasta al dente and Parmesan. Mix 2 eggs, 8 fl oz milk, ½ oz flour, S&P. Beat well and fold into the pasta mixture. Bake 40 minutes at 190°C.

Chick Pea And Vegetable Bake

Cook 2 lb spinach, drain & chop. Soften small, onion in 4 tbsp olive oil. Add 8 oz chopped tomatoes and soften. Add 3 cloves garlic, 2 tsp basil, 1 tsp savory, S&P to taste. Cook 5 minutes; add 10 oz cooked chick peas. Chop two hard-boiled eggs and beat in spinach and a few sage leaves. Stir into tomato mixture and transfer to baking dish. Cover with breadcrumbs and drizzle over 1 oz melted butter. Bake 20-30 minutes at 200°C until top is crisp and golden.

Potato & Onion Pudding

Fry 3 thinly sliced onions in 1 oz butter until golden. Stir in 2 sliced medium potatoes and cook, uncovered, for 6-8 minutes until the potatoes are tender. Transfer to greased baking dish. Whisk together 3 eggs, 12 fl oz milk, 1 tbsp sherry, 1 tsp dry mustard, ½ tsp celery seed and seasoning; stir in 2 oz grated cheese and pour over the potatoes. Sprinkle over another 2 oz cheese and bake for 35-40 minutes at 190°C until set and golden brown.

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Other Grains

Burghul

Wash in a sieve and cook with 1-1.5 volumes stock or water, 10-15 minutes or until tender. Stir in 1 oz butter, also pine nuts, raisins, sultanas, cooked chick peas, spices (e.g. cinnamon) or pilau sauce & leave 20 min. Stir & reheat. Add cubes of cheese, or cooked peas/sweet corn if desired. Alt: prepare as pilau, simmer 10 min. or Tabbouleh salad: - lemon/ olive oil/mint, lemon/soy/sunflower oil (opt: peanut)

Couscous

Wheat semolina, prepared with flour to prevent the grains sticking, traditionally steamed over a meat stew with chick peas and then used as a bed for the stew. Serve as a side dish or stir into roasted vegetables. Bring an equal volume hot water to boil with butter and cumin seeds, sultanas, pilau sauce (see rice) or chosen flavourings. Stir in and leave 10 min. then work with the fingers to remove lumps. Then:

- Steam in an open double boiler/sieve 30-40 min, moistening, mixing and separating once. Or
- Bake, covered in a greased dish 15 min. at 190-200°C until piping hot. Or
- Reheat in micro.

Cornmeal

Is ground corn, ranging in texture from fine to coarse. Most cornmeal is made from either yellow or white dent corn. Polenta is made using medium or coarse ground cornmeal. Cornflour is fine ground corn.

Polenta

Mix with 4-6 parts cold water or milk depending on desired consistency. Bring stirring to the boil. Season and EITHER simmer a further 15-30 min. or until the polenta comes away from the sides of the pan OR finish in the oven in a 1" layer brushed with oil, 30-50 min. 180-200°C.

THEN EITHER stir in butter or cream, herbs, cooked leeks, bacon etc. and serve immediately OR spread in a ½" layer on non-stick surface and allow to solidify. Dry fry or grill, brushed with butter or olive oil 20

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min. turning ONCE! Can use as a base for crostini.

Buckwheat

Can be bought ready roasted (avoid) or plain or as flour for pancakes and blinis. Roast like nuts, ie dry fry or bake at a high temperature. Then use like rice in a pilau, if you can be bothered.

For pancakes use 4 oz flour to 10 fl oz milk, 2 oz butter and one egg. For blinis (savory drop scones) use 7 oz flour to 10 fl oz milk, 2 eggs and ½ tsp baking powder or use 50/50 with wheat flour and rise with yeast.

Loaves & Roasts

These are a type 1a/2b stuffing - section 3

Basic method

Soften a large chopped onion & garlic in 1 oz oil or butter, sweat any finely chopped root vegetables or celery until soft, mushrooms until liquid has been evaporated (about 15 minutes). Add any herbs & spices, then flour (1 tsp-1 tbsp dependent on the amount of liquid) for thickening then typically 4 oz breadcrumbs, 6-9 oz ground nuts/pre-cooked pulses, and a beaten egg. 0-6 oz grated cheese can be stirred in. Add liquid (typically 5 fl oz) with any other flavourings to achieve a stiff consistency. For a dark roast use stock with 1-2 tsp yeast extract and/or soy sauce. For a light loaf use light stock, yoghurt or sour cream and pale nuts. Mix to moist but not sloppy consistency. Too much liquid and the inside will be sloppy, too little and it will be dry. If baking in a thin layer in a flat open tin use more liquid.

Fillings: Duxelles, stewed leeks, spinach purée & grated cheese, chopped tomatoes, cooked vegetable, boiled egg.

Prepare a loaf tin - brush with oil and line the base, with non-stick baking parchment or **well greased** foil, extending the paper up the narrower sides of the tin. Sprinkle well with dried bread or biscuit crumbs, placing some nuts or sliced tomato or cooked vegetables for decoration. (Or line with cooked green leaves?)

Fill with mixture, layering with any stuffing. Cover with non-stick baking parchment or **well greased** foil and bake 190°C for 45 minutes

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until coming away from the sides. (Allow 60 min. if over 24 oz)
Remove foil (this may prove difficult) towards the end to brown, cool a little before turning out.

To turn a loaf into a roast, shape in a loaf tin but turn out, coat with crumbs and bake in an open tin at 200°C for 35-45 minutes, basting with oil.

Option: wrap in puff pastry, bake with steam hole, join underneath.
Serve hot or cold with a contrasting sauce.

Reconstituted TVP could be used to supplement the pulses and nuts.
Some typical recipes follow.

DARK NUT LOAF

Extra Veg: 2 mushrooms 1 chopped tomato, 2 diced carrots

Flour/Grains: 1.5 tsp flour, 4 oz brown breadcrumbs

Nuts/Pulses: 2 oz almonds & 4 oz pecans, ground

Egg/Liquids: 1 egg, 1.5 tsp veg extract 5 fl oz dark stock

LIGHT NUT LOAF

Extra Veg: 2 sticks celery, 2 leeks, lemon zest

Flour/Grains: No flour, 7 oz white breadcrumbs

Nuts/Pulses: 10 oz cashews, almonds, pine nuts, ground

Egg/Liquids: 4 fl oz yoghurt & 2 eggs

Filling: Grated cheese & cooked dry spinach or tomato

CHEESE & NUT BALLS

Flour/grains: 8 oz breadcrumbs

Nuts/pulses: 8 oz nuts (pecans)

Egg/liquids: 2 eggs beaten, soy sauce, mustard

Cheese: 6 oz grated Cheddar

LENTIL & NUT LOAF

Extra Veg: thyme

Flour/Grains: no flour, 4 oz breadcrumbs

Nuts/Pulses: 6 oz lentils, 4 oz nuts

Liquids/Egg: 1 tbsp tomato purée 1 egg

LENTIL LOAF

Extra Veg: 2 oz mushrooms

Flour/Grains: No flour, 3 oz breadcrumbs

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Pulses/Nuts: 12 oz red lentils cooked in 16 fl oz water

Liq/Egg: 8 oz cheese, 2 eggs, 1 tbsp lemon juice

LENTIL MIX FOR SLICES, SCOTCH EGG, CROQUETTES ETC.

Extra Veg: carrots peppers sautéed in oil, spices

Flour/Grains: (4 oz breadcrumbs optional)

Nuts/Pulses: 8 oz red lentils/16 fl oz water, 4 oz nuts optional

Liq/Egg: 2 eggs, 12 oz cheese, 3 tbsp tomato purée.

Cool, shape, drizzle with oil, bake 160°C 20-25 min

Vary liquid, egg, cheese to change texture; other purée.

BASE FOR ROULADE

Extra Veg: 2 red peppers, 14 oz can tomatoes

Flour/grains: 4 oz breadcrumbs

Nuts/pulses: 14 oz can kidney beans

Cook all veg until mixture is thick; liquidise and bake 10-15 min;
follow roulade recipe.

Veggie Burgers

A good veggie burger is not an imitation beefburger and will include beans, grains & a significant portion of vegetables. The vegetables are first chopped and roasted to reduce liquid and bring out flavour, before being pulsed with the beans, chopped nuts, breadcrumbs, grated cheese, spices and herbs of choice then mixed with an egg (or vegan equivalent) and finally the rice.

Allow to cool and refrigerate until use. Form into patties 1.8 cm thick using wet hands. Handle gently, fry on both sides, typically 4-6 minutes per side or bake 25 minutes at 180°C.

Option: first coat with egg and sesame seeds.

See Carefree Cooking, Section 6 *Vegetarian Course* for recipe.

Roasting Nuts

Shell and spread over a dry baking tray. Bake 10-15 minutes at 175°C or until brown. Cool a little and rub to remove skin (blow to separate, out of doors) Grind to desired consistency. For a spread, grind with a little oil and salt. Yeast extract adds flavour. NB for dietary considerations peanuts are pulses, not nuts!

14. Desserts

Desserts Classification

Section	Dessert
Desserts w/Eggs	Mousses
	Souffles
	Custards
	Meringues
	Ice Cream
	Fillings for flans
Fruit Methods/AtoZ	Salads, Jellies, Compotes,
	Pie and tart fillings, Fools,
	Creams, Custards,
	Mousses, Sorbets
Cakes etc	Flan Bases, Pie Toppings
	Sponge Puddings
	Suet Puddings
	Cakes for Desserts
	Batter puddings, pancakes



Desserts 14.2

Chocolate Mousse - (2)

Melt 5 oz chocolate and stir in 10 oz butter. Add 5 oz cocoa and whisk until smooth. Whisk 10 floz double cream until soft peak and chill. Whisk 3½ sugar with 6 egg yolks. Whisk 3½oz sugar with 6 whites into stiff peaks. Fold chocolate into yolks, into whites and fold in cream. Set 4 h min.

Chocolate Truffle Cake

Melt 1 lb chocolate with 10 floz double cream. Meanwhile whisk 4 yolks with 2 oz sugar until fluffy. Beat in the mix. Fold in another 10 floz double cream, whipped and pour over a sponge base to set. Ice with chocolate icing.

Dessert Soufflés

Cold soufflés are made with custard and set with gelatine; hot soufflés are set by baking. To fold in egg whites, first slacken mix by stirring in 2 tbsp whites. Then add mix to the whites and fold the whites up and over lightly from the bottom until reasonably mixed.

§ Cold Soufflés

Dissolve ½ oz gelatine in a little water or the flavouring. Thicken a custard of 5 yolks, 3 whites & 3 oz caster sugar over a bain-Marie. Allow to cool. Fold in 2 whisked egg whites & 4 floz cream (whipped). Chill.

Flavourings:

- 7 oz melted chocolate & zest of an orange.
- juice & zest of an orange (or other fruit), sweetened to taste
- up to 1 lb stiff fruit purée, sweetened

§ Hot Soufflés

Traditionally use one cold, cooked quantity (10 floz liq) of confectioners' custard (see over) omitting the whites, or bechamel. Add the favouring, beat in 2 more egg yolks, and fold in 6 beaten whites. If the flavouring is liquid reduce the milk accordingly. Some recipes include 4 oz ground nuts or bread crumbs to provide substance.

More simply beat together 3 or 4 egg yolks with 3 oz castor sugar (less if flavouring is sweet) and stir in the flavouring. Whip 6 egg whites to soft peaks and fold in.

Desserts with Eggs

Mousses

Fruit mousses are made from fruit purée and whipped egg white set in gelatine - see section 11 for recipe. Chocolate needs no gelatine and can also accept additional flavours such as orange, coffee or nuts.

Chocolate Mousse - (1)

Melt 4 oz chocolate in a double boiler. Beat 2 egg yolks and add, beating thoroughly. Whip 2 egg whites and fold in. Transfer to glasses, cool and cover with cling film. Before serving pierce with a skewer and pour in a little liqueur. Top with whipped cream and grated chocolate and/or nuts. Option: Add zest and juice of ½ orange at melting stage.

Desserts 14.3

Bake at 180-190°C for 25-35 min. according to bulk in an ample well-buttered steep-sided dish until browned and set, 10-15 min. for individual dishes. Some recipes suggest starting off in a bain-Marie for up to 10 minutes. The mixture can be made an hour or two ahead of baking if more convenient.

Flavourings:

- 4 - 8 oz melted plain chocolate, liqueur optional
- 5 fl oz fruit juice
- up to 10 fl oz sieved fruit purée
- 2 citrus: add zest at start, juice before whites

Examples: chocolate, orange, prune, raspberry, rhubarb

Serve with a hot fruit sauce.

Chocolate bases for mousses & terrines see *Chocolate Sponge Bases*, in Cakes etc.

Custard Desserts

Custards

● **A baked egg custard** is thickened with whole egg and egg yolk, the whites also helping to set. Typically add 1 pt hot (not boiling) milk/cream to 3 eggs & 2 yolks beaten with 1 oz sugar and then bake in a bain-Marie 160-170°C or in flan, or steamed approx 40 min. (20 min. in individual pots) until set.

See custard flan recipes.

● **Pouring custard** is made from egg yolks alone and cooked slowly over a double boiler until thickened, stirring constantly. (1 pt liquid to 6-8 egg yolks, 2-3 oz sugar). Beating the yolks with sugar before adding the hot liquid helps to prevent curdling as well as keeping the mixture light. So does 1 tsp cornflour. Too much sugar prevents setting. Option: add zest of 2 lemons or oranges to the milk and juice to taste to the finished custard

Crème brûlée can be made from set or pouring recipe. First chill then grill fast, sprinkled with sugar. Option: add some poached fruit to top before the sugar and/or flavour the custard e.g. with choc.

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Crème caramel is made by coating the mould of a baked custard with caramel made from boiling 4 oz sugar to 2 tbsp water. Then bake normally.

● **Chocolate custard** (pouring): pour the hot milk over 4 oz dark chocolate and stir to melt before continuing in the normal way

● **Bavarois** is a pouring custard set by mixing into the cold custard 1 oz dissolved gelatine and 4 tbsp partially whipped double cream per pt liquid. Flavourings such as vanilla, coffee or melted chocolate are added to the hot milk used to make the custard. Un-mould onto a fruit coulis. A fruit Bavarois may be a custard with added fruit purée, whipped cream & egg whites and gelatine - see Fruit Mousse in Fruit A to Z.

● **Fruit Custard** - stir in 2.5 oz soft fruit into the custard before baking.

● **Confectioner's Custard/ Pastry Cream** - Cream 2 egg yolks with 2 oz caster sugar, add ¾ oz flour and ¼ oz cornflour and mix to a paste with a little milk. Scald remainder of 10 fl oz milk with flavourings and blend in, stirring over a gentle heat until mixture boils. Fold in a stiff egg white and stir carefully 2-3 minutes to set the egg white. Cool.

● **Crème St Honore** - same method as above, using 4 yolks, 4 oz caster sugar, 1 oz flour, 10 fl oz vanilla flavoured milk, 6 egg whites.

Custard & Bread Puddings

Bread & Butter Pudding

The bread: Butter 8 thin slices of bread (or melt butter and pour over). Optionally make into sandwiches with apricot jam. Cut into quarters. Use half to line a buttered shallow baking dish, cover with candied peel and sultanas (optionally soaked in sherry or brandy). Cover with the remaining bread

The custard: Use baking custard recipe. Beat 2 oz sugar (2 tbsp) with 3 eggs optionally enriched with 2 more yolks; stir in 20 fl oz (hot but not boiling) milk and cream, and optionally the zest of a lemon. Pour slowly over the bread and sprinkle with nutmeg. Stand 20 min. Bake in bain-Marie 175°C 45 min.

Queen Of Puddings

Desserts 14.5

Soak 6 oz fresh breadcrumbs and a lemon zest in 20 floz scalded milk and 2 oz melted butter for 20 min. Beat in 4 yolks and 1 oz sugar. Bake 180° 20-30 min. until well set. Spread with jam (or cooked/tinned apricots) and top with meringue from the egg whites and 4 oz sugar. Bake 10-15 min. more until golden.

Trifle

Avoid gelatine or sweet cake; make fresh custard.

Bottom - Sponge cake, fingers or macaroons spread with jam and soaked in sherry or liqueur optionally mixed with some of the liquid from the fruit.

Next - the drained fruit, poached if necessary, in segments with any skin removed.

Next - 10 fl oz thick custard (see sauces) poured in and set before:

Top - 10 fl oz whipped double cream, levelled with a spatula and decorated appropriate to the trifle contents with pieces of fruit, nuts or caramel made with fruit juices.

Option: orange trifle - use 4 oranges, add juice of a fifth to orange liqueur. Put the orange zest into the cream. Decorate with caramelised strips of orange peel or segments.

Quick Trifle

Soak sponges as usual and fill bottom of bowls. Put alternative layers of fruit and fresh custard/mascarpone whipped together.

Elizabethan Custard

Line a square dish with thin puff pastry. Scatter with crumbled sponge cakes. Pour over 2 tbsp marmalade mixed with juice 1 lemon. Cream 6 oz butter, 3 oz sugar, zest lemon, then 4 egg yolks and 2 whipped egg whites. Bake 45 min. 150° until golden. Serve hot.

Meringues

Normal method: whisk egg whites until they stand in peaks and you can invert the bowl but do not over whisk. Gradually whisk in 2 oz caster sugar per egg adding optional vanilla essence towards end. Use to cover pies (180°C for 15-20 minutes) or to make individual meringues or a base for Pavlova (Start at 150°C turned down to 140°C for 1-2 hours until quite dry, leave in oven to cool overnight if poss)

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Safer method: with more sugar and harder finish - whisk 6 oz sugar, 2 tbsp hot water or fruit juice and 2 egg whites over a pan of boiling water until the mixture is thick and keeps its shape. Bake at 140°C for one hour or more until dry.

Filling: Whipped cream topped w/ fresh soft fruit dusted with icing sugar.

Isles Flottantes

Use whites to make individual meringues, poaching in the milk just used for vanilla flavoured thick pouring custard. Pour the custard into dish..

Distribute the meringues & pour over a dark caramel before chilling.

Lemon Meringue Pie - See Fruit Methods

Toffee Pudding

Prepare a caramel from 4 oz butter, 4 oz brown sugar and 8 oz golden syrup. Meanwhile pour boiling milk over fingers of bread and lift out immediately. Dip in the caramel and pile in an oven proof dish. Heat if necessary and serve with cream or Crème fraiche.

On Chocolate:

This means 70% cocoa solids dark chocolate. Solid chocolate is fragile but once combined with other ingredients it becomes stable and versatile. Most chocolate dishes can be frozen and stored for long periods.

Chocolate combines well, even with itself. A terrine can be made with layers of sponge, mousse and a coating. For a coating boil 4 oz milk with 2½ floz double cream and pour over 200 g chocolate and 2½ oz butter. Cool to room temperature.

Using melted chocolate:

Boil water in double boiler & remove from heat. Add chocolate and allow to melt, stirring once. Make sure remaining ingredients are at room temperature before stirring into chocolate

Simple Chocolate Souffle

Stir 100g melted chocolate into 3 egg yolks combined with 50g sugar. Fold in the beaten egg whites. Bake in individual dishes 15 min. 200°

Desserts 14.7

Ice Creams

Really not worth the bother - unless you need a different way of using up a glut of fruit.

Basic Ice Cream - Beat 10 fl oz double cream and mix in 10 fl oz thick cold custard (helped with a little custard powder) Add sugar and flavourings - dissolve sugar with the custard or flavouring, remembering that taste is reduced by the cold. Chill, stirring occasionally, and freeze. Options: fold in two beaten egg whites and do not stir. Use fromage frais or mascarpone in place of cream, or omit the custard. Flavourings:

- ▶ 5 oz whole wheat bread crumbs baked until brown and crisp plus 4 oz light brown sugar.
- ▶ 3 oz chopped preserved ginger plus 2 oz ginger syrup and 2 tbsp brown sugar.
- ▶ 5 oz puréed stewed prunes with brandy and 5 oz sugar.
- ▶ 16 oz black currants forced through a sieve plus a syrup from 6 oz sugar and a little water, simmered boiled 3 minutes. (custard optional)
- ▶ 2 oz chopped nuts caramelised to a brown colour in 2 oz caster sugar plus 2 oz sugar
- ▶ 6 oz simmered dried fruit liquidized with enough juice to make 10 fl oz purée. Sweeten. Add lemon juice and/or chopped fruit kernels
- ▶ 5 floz fruit coulis + 6 oz sugar
- ▶ 1 lb bananas and 6 oz praline
- ▶ 6 oz desiccated coconut (boiled in the cream, liquidized & sieved) or coconut cream. Sweeten
- ▶ a can of concentrated orange juice and seeds from 6 cardamom pods, crushed
- ▶ 4 oz halva, crumbled
- ▶ peel of 4 lemons simmered 20 min. with 6 oz sugar & 8 floz water, strained, & juice. Omit custard
- ▶ 6 oz melted chocolate stirred into custard (4 oz sugar)

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- ▶ 12 oz marmalade (6 oz sugar)
- ▶ 11 oz maple syrup, 3 oz sugar, adding 3 oz pecans at final stirring

Semifredo

Prepare some praline or rough crushed maltesers. Beat 2 oz sugar with 4 egg yolks and beat in 18 floz double cream. Beat 4 egg whites with pinch salt into stiff peaks. Fold all three together carefully. Sprinkle with a little more praline and freeze 30-40 min.

Sorbet - See Fruit Methods

Tart & Flan Fillings

Prepare flan case according to section on baking without yeast. Unless stated use 8-9" dish & bake 30-40 min. at 190°.

▢ Fruit See Section Fruit Methods for fillings.

Dried Fruit & Nuts

▢ Bakewell/Frangipane Line flan dish with 6 oz rich short crust. Sprinkle with 1 oz ground almonds and 4 tbsp jam and/or lemon curd. Spread evenly with frangipane made with zest and half juice of a lemon. Decorate with flaked almonds. Bake. Variations: Cover with a lattice; cool and ice; moisten with almond liqueur; cover with poached apple/pear before baking. See also fruit flans.

▢ Oat & Nut Cream 2 oz butter with 8 floz honey. Beat in 1½ tsp spice & 3 eggs. Stir in 4 oz rolled oats & 4 oz chopped nuts. Spread whole wheat base with tart apricot purée then the mix. Bake 1 h. If desired, sprinkle with lemon juice while hot.

▢ Honey Nut - 8 oz quick-mix pastry, baked blind, melted honey lined.. Grind 6 oz nuts with 3.5 oz sugar, then 3 eggs & a little cream, then remains of 4 tbsp honey with 2.5 oz butter just melted. Bake 20 min. 180°C.

▢ Mincemeat - 8 oz sweet pastry. Mix chopped banana, zest & juice of a lemon into prepared mincemeat and spoon over. Cover with lattice or tiles, brush with milk, sprinkle sugar. Bake.

▢ Almond & Currant - Boil 6 oz dark brown sugar, 5 oz currants, 3 oz chopped unblanched almonds, 3 oz butter, 2 beaten eggs, 4 tbsp cream, almond essence for 2 min. & allow to cool. Fill base baked blind & bake

Desserts 14.9

30 min.

■ Prune 8 oz rich short crust, 8" flan ring. Soak 8 oz prunes and simmer with lemon peel and scant water to cover. Add sugar to taste. Drain, pit, liquidise & cool. Add wine glass of port/sherry. Decorate with lattice. Brush and bake 180°C 35 min.

■ Kolac Use enriched whole wheat sweet short crust Roll to fit tin. Cover with chopped apples & bananas or plums. Sprinkle with 2 oz cottage cheese & 2 oz brown sugar. Dot with butter & bake 35-40 min. 190°C. Glaze.

Custard

■ Custard Tart - 6 oz pastry baked blind, egg sealed, 8" tin. Whisk 3 eggs in 10 fl oz milk and 2 tbsp honey until well mixed. Spoon into case, sprinkle nutmeg and bake 40 min. 180°C until set.

G Rhodes uses egg yolks and 50/50 double cream & milk and bakes at 140°

■ Lemon Tart - see *Fruit Methods* for many variations.

■ Chocolate custard tart. Melt 100 g bar dark chocolate with 10 fl oz double cream, 2 oz sugar (combine well) and 2 oz butter and stir into 2 eggs and 1 yolk, whipped. Pour into flan case, baked blind and bake 175° 25 min. or till set. Eat hot or cold. Try pecan or hazel nut pastry.

■ Chocolate Pecan Pie 6 oz French flan pastry, baked blind. Blend 5 oz melted chocolate with 2 oz butter. Whisk 4 eggs, 8 fl oz dark corn or maple syrup with vanilla essence and combine. Stir in 9 oz pecans. Fill and bake 180°C 30 min.

Traditional Treacle Tart

Mix 2 oz fresh bread crumbs, 6 oz warm treacle and zest & juice of a lemon (walnuts optional) and spread over pie plate lined with 6 oz of rich short crust pastry. Optionally cover with pastry lattice. Brush pastry with milk. Bake 35 min. See also Norfolk Tart.

■ Norfolk Treacle Tart. Less sticky than the trad version. Warm 10 oz butter with 12 tbsp golden syrup until just melted and beat into 6 tbsp single cream and zest of 2 lemons, then into 4 beaten eggs. Bake in part baked short crust base, 30 min. 180° until set and golden.

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Curd Cheese (see also eggs)

■ Yorkshire Curd Tart

Cream together 3oz butter 3 oz soft marg, 2oz sugar and beat in 8oz curd cheese and 2 eggs. Stir in 3 oz currants and 1oz ground almonds. Bake 30-35 min. 175° in short crust case.

■ Orange Cheese Cake Use 5 oz crumb shell pastry baked blind, 7-8" cake tin, removable base. Melt 2 oz butter with 2 oz sugar & 2 oz chopped nuts. Apart mix 6-8 oz curd cheese, 2-4 fl oz cream & zest of 1 orange; beat in 3 eggs very gradually; stir in the butter mix; fill shell. Add nutmeg; bake 175°C 30 min. or until set. Cool slowly.

Alt flavourings: Use another zest; 3 oz ground pecans and vanilla; 3 oz ground almonds & lemon; whip the whites & fold in.

■ Chocolate Cheese Cake

Add 2-3 tsp cocoa to the butter in the crumb shell. Replace melted butter and half the sugar by 100g bar of dark chocolate. Add remaining sugar to the eggs. When cool top with chocolate cream using 100 g chocolate and 5 fl oz double whipped cream..

■ American Cheesecake - Beat together 8 oz sugar, 3 tbsp cornflour, 1½ lb cream cheese, 2 eggs, vanilla, 10 fl oz whipping cream. Pour over sponge base. Bake 170° 50 min. 20 cm dia

Miscellaneous

■ Chocolate Tart Use 6 oz pastry, FULLY baked blind. Cool. OR use 6 oz crumb shell, baked blind.

Melt 8 oz plain chocolate and stir into 10 fl oz whipped double cream. Pour into shell and chill Decorate with cocoa powder & toasted almonds.

15. Fruit Methods

This section covers dessert recipes specific to fruit.

Recipes for other desserts are given a later section.



Classification of Methods

Sauces for savoury & sweet dishes - see Sauces & Soups

Desserts with fruit:

Fresh	Flans & Tarts
Fruit bowl	Cold
Assembled	Hot
Dipped	Fools, Creams & Custards
Stuffed	Fool
Fruit Salad	Cream
Cold	Yoghurt
Hot	Custard
Fruit Jelly	Trifle
Caramelising	Mousses & Bavarois
Poaching & Compotes	Mould
Baking	Mousse
Pies & Puddings	Bavarois
Cold	Sorbets
Hot	

Fruit Methods 15.2

Fresh Fruits

Fruit Bowl

Especially when serving a cheese board a bowl of carefully selected fruit makes an acceptable dessert. It should include seasonal and exotic fruits. To ensure fruit is ripe, purchase early.

Assembled Fruit

Seasonal or exotic fruits in combination, cut and attractively arranged on a coulis or appropriate biscuit base on individual plates.

- summer fruits on a summer fruit coulis.
- strawberries on sablees
- autumn fruits on prune purée
- melon & soft fruit
- mango or papaya and strawberries

Garnishes: brandy snaps, short bread, chocolate cup of whipped cream.

Fruit Sablees Or Shortcakes

Make sablees from 4 oz French flan pastry & bake 175° 8 min. until golden brown. Cool & spread with thin layer of whipped cream (optional) and prepared fruits. Surround by coulis. For American shortcake use scone mixture, rub in method, 8 oz flour, 4 oz butter, 2 oz sugar, 2-3 tsp bpdr, 5 fl oz thick cream. Mix to soft dough, roll out to 12 3" rounds, stack double with brushed butter between and bake 15 min, 230° Pull apart, spread with butter and fill with prepared fruit.

Shortcake must be fresh to serve immediately with separately handed cream.

Chocolate dipping

Melt 2 oz dark chocolate in a double boiler, turning off the heat when adding the chocolate. Dip fruit in chocolate and stand on waxed paper or foil to cool

Stuffed Fruit

Many ready to eat fruits with stones, fresh or poached, can be stuffed with a sweet filling. Suitable ingredients include chopped, (raw, toasted or caramelised) or ground nuts, crumbled biscuits, chocolate, other fruit, crystallised or candied fruit, spices; moisten with fruit juice or

Fruit Methods 15.3

syrup, yoghurt, cream cheese or cream and sweeten to taste.

Stuffed mango - use macaroons, chopped peel, icing sugar and toasted almonds and moisten with orange juice.

Middle eastern - lemon juice, ground almonds, honey/icing sugar, rose water or almond essence.

Fruit Salads

Fruit salad should not be made too late or far in advance as it will start to deteriorate - about 2 hours is best. Choose only ripe ready to eat or poached fruit and a balance (five or six colours) or harmony (shades of one colour) of colours and textures. Use apple, orange, apricot or black currant juice as the basis of the liquid and barely sweetened with brown sugar, or place the fruit on a coulis of summer fruit. A basic fruit salad contains oranges, apples, pears and black grapes.

Some combinations:

orange, banana, mango, melon with a hint of cinnamon

orange, strawberry, green grape, peach in red wine sauce

dried fig, date, banana and apple

orange and raspberry

strawberry & mango

apple, green grape, kiwi, cucumber

cherry, grape, date, strawberry, raspberry

peach, pineapple, melon with raspberry coulis

3 types of melon with syrup of matchsticks of ginger, lemon zest & chilli, 100g sugar 300ml water, reduced. Add mint

Fruit salad can be served in a hollowed half melon.

In winter serve almost any fruit salad hot; heat just before serving.

Spiced fruit salads or any involving dried fruits are traditional,

Fruit Steeped In Alcohol

Kirsch, orange, almond and cassis liqueurs can be used with dried fruit, melon, peaches, cherries, strawberries, nuts

Fruit Methods 15.4

Fruit Jelly

Use 20 fl oz fruit purée sweetened to taste. Dissolve gelatine in a little hot juice and stir in before chilling. Lemon - use 10 oz sugar, zest & juice 5 lemons made to 20 fl oz with water and simmered 5 min.

Thickening with arrowroot

Slake 2 to 4 tsp arrowroot with a little cold water and stir into syrup. Bring to a simmering, stirring. The liquid will thicken a little, and glisten but will be clear. The flavour will be slightly flattened.

Poached Fruit (Compote)

Make a stock syrup by boiling 3 oz sugar (brown or white to taste) to 20 fl oz water (or wine) and flavouring (vanilla, lemon zest, mace, ginger, cinnamon, coriander) per lb of fruit for 10 minutes covered. Modify quantities according to the wetness and sweetness of the fruit. Add prepared fruit in batches if necessary poach GENTLY until tender on the hob or in oven at 150°C, removing with a slotted spoon; repeat until all fruit is poached. Reduce the syrup if necessary and pour over; allow to cool.

apple cut in quarters, peel and core; add lemon juice; cinnamon, sultanas optional.

apricot cardamom and lemon peel optional

cherry red wine & orange, then redcurrant jelly

dried fruit - add spices, lemon peel and amaretti

orange slice and peel; add caramelised blanched zest

peach halve and stone, remove skin at end - flavour syrup with kirsch or vanilla

pear peel but leave whole. Cut flat bottom and dip in lemon juice- use red wine with mulling spices or white wine & vanilla or cinnamon.

Thicken juices slightly with arrowroot and refrigerate.

pineapple cube good with Madeira, allow to reduce

plum halve and stone - opt: use red wine & orange

rhubarb slice - orange, raspberry and/or ginger

summer fruits leave whole wash well and sort

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Combos: Apples & blackberries; apricots, peaches & plums; apricots & strawberries; bilberries & peaches; pears & bananas; raspberries & pineapple; raspberries & rhubarb; strawberry, mango & rhubarb.

Caramelised Fruit

Prepare a syrup by boiling 20 fl oz water with 16 oz sugar for 10 min. Peel and slice the fruit across the grain and put in a shallow dish. Pour over the hot syrup and let stand 15 min. Drain, reduce another 15 min. and repeat twice more. Suitable oranges (add blanched strips of peel) or pineapple.

Grilled Fruit

Stone or core, sprinkle with sugar and grill 15 min. till caramelised. Grapefruit halves, apple segments, plum halves, pineapple or orange slices.

Buttered Apples Or Pears

Peel firm eaters, core and cut in wedges and protect with lemon juice. Sauté in butter, turning when the bottoms are golden brown; sprinkle with caster sugar and cinnamon while completing the other side. Remove. Deglaze pan. Cream optional.

Baked Fruit

Apple (eaters) family - peel, core, rub with lemon juice and stuff with butter, brown sugar, cinnamon, sultanas. Bake at 160°C. Apples & pears can be sliced & baked with sugar, spices & lemon

Apricots - make an incision along the natural division of the fruit. Pile in a pyramid in baking dish. Sprinkle with vanilla sugar and moisten with water. Bake 140°C around 60 min. but not too long.

Bananas - Slice in two lengthways and crossways. Sprinkle with a little orange juice, rum and brown sugar. Or cream 2 oz butter with 2 oz soft brown sugar and beat in cinnamon, orange/lemon juice and an inch of ginger finely diced. Spread over. Bake for 10-20 minutes at 190°C in a buttered dish.

Peaches halve, stone and enlarge cavities. Mix this with macaroon crumbs, castor sugar and bind with a large egg yolk. Mound over the

Fruit Methods 15.6

halves in a buttered tin. Bake 160°C 45 min.

Fruit Baked In Foil

Bake individual fruits in sealed buttered foil parcels together with a purée or spices and opened at the table:

- **Banana** - use peeled bananas topped with apricot purée 200°C 20 minutes
- **Orange** - peel whole and slice across, recombine and sprinkle with brown sugar and cinnamon 10-15 min
- **Soft fruit** - servings of sorted fruits with 1 tbsp red fruit jam and 1 tbsp liqueur 10 min

Pineapple - sliced, with Cointreau and brown sugar.

Fruit Pies

Fruit For Pies

Cut fruit into suitable pieces and poach/simmer as above but with minimal liquid until barely tender. Reduce juices separately if excessive. Combine different fruits, e.g. as above. Soft fruit and bananas need no pre-cooking. Plums and apples are not always pre-cooked. The risk with uncooked fillings is that they may exude juices which turn the pastry soggy. Pre-cooking allows a chance to correct this as well as correcting sweetness. Sometimes a disk of sponge is put under the fruit to absorb juices.

For pie coverings see cakes, pastry & batters.

Marzipan pie filling : cream 7 oz marzipan with 5 oz double cream; fold in fruit & 2 oz breadcrumbs (ideal for apricots).

Ricotta pie filling: Mix 1 egg, 2 oz castor sugar, 12 oz quark/ ricotta, 1 tbsp bread crumbs & 1½ oz ground almonds. Fold in 8 oz cooked fruit.

Fruit with Bread

Summer & Autumn Puddings

Summer: Cook 1½-2 lb soft fruit (black & red currants, raspberries etc.) gently with 5 oz sugar 3-5 minutes until the juices begin to run and the sugar has melted. Line a greased basin with slices slightly stale white bread, pour in the fruit (reserving a cup of juice) and top with bread. Weight and chill overnight. Turn out and pour over the juice.

Fruit Methods 15.7

Autumn: Put 1 lb black grapes in pan with just enough water to cover bottom and simmer until fruit starts to soften. Add 1 lb chopped pitted red plums and continue until the juices flow. Add 1 lb blackberries or other soft fruit then sugar to taste. When sugar has melted follow procedure above.

Alt: use any fruit within reason provided combination gives desired colour and flavour.

Bread and Fruit Desserts

Fruit Charlotte

A baked version of the above, traditionally using apples pre-cooked with lemon juice & zest & brown sugar. Brush or fry the bread with plenty of melted butter before lining the basin (metal is best). Stir 1 or 2 egg yolks into the cooled fruit before filling and covering. Bake 45 min. 200° until golden, free sides and invert if you dare.

Brown Betty

Less risky, saute the bread as crumbs in butter until golden. Mix with the fruit and bake 30 min. 190°.

Poor Knight's Pudding

Sprinkle 1 lb raspberries with 4 oz icing sugar & ½tsp cinnamon & leave to permeate. Fry 8 slices crustless bread in 6 oz clarified butter until gold and crisp. Keep warm. Whip 3 oz each single & double cream & sweeten to taste. Just before serving sandwich COLD raspberries between HOT bread & top with whipped cream. Alt: use other soft fruits in combination, or caramelised apple slices.

Bruschette

Marinate fruits in vanilla sugar and Amaretto. Butter slices of lightly toasted bread, add fruit & bake 20 min. 190°

Flan & Tart Fillings

The Fruit

A) Fruit for Assembly after all cooking

Banana, melon, mango, orange, peach and strawberries when ripe can be used raw but should be glazed to protect from discolouration or drying.

Fruit Methods 15.8

Apple, pear, apricot, cherry, plum, gooseberry rhubarb should be poached (preferably in butter not water, reserve or concentrate excess juices), sweetening if necessary.

B) Fruit for Final baking in situ.

Peel and core eating apple family and cut in even sections into lemon juice, halve and stone plums and apricots and assemble cut side up. Cut peaches into segments, remove skins if tough. Thinly slice citrus removing pith and skin - blanch lemons and leave skin on; some zest can go into the pastry, Chop rhubarb and assemble end up. Sprinkle with sugar. Tough fruit, including pineapple or unripe fruit should be lightly poached. Add spices and sugar to taste. Soften dried fruit by poaching with stock syrup, remove stones..

Suitable purées for foundation: Apple, prune, other dried fruits, rhubarb. Ensure purée is stiff not runny. E.g. apple purée baked with orange slices, apricots on prune purée, raspberries on rhubarb purée.

Assembly

§Pre-cooked fruits or those eaten raw: Arrange fruit prepared as A) on any sweet pastry case baked blind until golden and crisp, butter brushed & spread with a bed of fruit purée, whipped cream, flan cream or jam. Add coloured glaze to prevent deterioration.

§Fruit baked in situ Prepare fruit as B. Bake blind sweet crust, nut crust or French flan pastry. Seal if filling is wet. Spread with appropriate flavour jam. Cover with thin layer of sponge, frangipane or fruit purée Arrange fruit, reserving half until sponge has set if liked. Bake 40 min. 190°C. Sprinkle with brown sugar & butter or icing sugar before baking and use a sugar glaze or the poaching stock syrup after; serve warm or cold. Option omit the pastry.

§Fruit baked in custard (Alsace): Arrange raw fruit on raw pastry, sprinkle with 2 oz brown sugar and bake 20 min. 200°; pour a custard mixture (2 oz caster sugar, 5 fl oz double cream and 1 beaten egg) over fruit during last 20 minutes cooking (or use pre-poached fruit) but lower oven temperature to 180°C in order not to curdle. Serve hot or cold.

See also Clafoutis

Fruit Methods 15.9

Fillings For Lemon Tart

► Whisk 3 eggs with 3-4 oz sugar & zest 4 lemons. Add the juice (5 floz) and 5 floz double cream. Pour into part baked 9" flan case and bake 30 min. 180° until set. Dust w/ icing sugar. Cool or warm.

► Mix 2 eggs, 10 oz sugar, rind & juice 2 lemons and stir in 4 oz melted butter. Bake over raw pastry 40 min. 190° or until set. Eat cold. (origin Odile)

► Beat 2 eggs, 3½ oz vanilla sugar, 5 oz ground almonds, 3½ floz whipping cream, and add juice 2 lemons and zest 4. Pour into 8½" flan case and bake 25 min. 180° until set. Decorate with candied lemon slices and glaze with remaining lemon syrup.

► Whisk 3 eggs, 2 yolks, 6 oz sugar. Mix juice 3 lemons, 4 oz creme fraiche & combine with the egg mix, 1½ oz ground almonds, zest 2 lemons, 1-1½ oz melted butter. 150° 30-40 min. (Sophie)

Candied lemon slices and syrup glaze

Slice 2 lemons, removing pips and poach gently until tender. Prepare a syrup from 6 oz sugar, 2 floz water and juice of a lemon. Reduce then add slices to candy. Use remaining syrup as glaze.

Lemon Meringue Pie

The 'custard' uses 10 fl oz water. Use a little of it to dissolve 3 level tbsp cornflour and 2 oz sugar. Bring the rest to the boil with the zest of 2 lemons and pour over. Simmer stirring for 1 minute. Remove from heat to beat in 3 large egg yolks, lemon juice and then 1.5 oz butter. Pour into a small flan case baked blind. Top with meringue made from the 3 whites and 6 oz sugar and bake 45 minutes at 190°C. Alt 1: boil the lemons, process & sieve. Make up to 10 floz etc.. Alt 2: Replace water by some apple purée Alt 3: add 1 oz ground almonds.

Fruit Methods 15.10

Fools, Custards & Creams

Fruit Fool

Soften fruit if required in a little water, lemon zest and sugar to taste. Cool. Liquidise or mash optionally with liqueur, cardamom, ginger, spices. Whip 15 oz double cream/yoghurt per lb fruit and fold in the fruit. Chill in individual bowls.

Suitable: apricot, gooseberries, rhubarb, soft fruits, dried fruits, mango. Use flavourings such as ginger, cardamom, raspberry purée, orange or lemon according to taste. Alternate: replace 50% cream by thick custard.

Syllabub

Mix zest and juice 1 lemon, 4 floz wine or fruit juice and sugar to taste. Beat in 10 floz double cream or creme fraiche until thick and light. Pour into glasses containing alcohol soaked biscuits.

Alt 1: replace biscuits with chopped fruit; Alt 2: swirl with a fruit purée such as mango.

Fruit Custard

Soft fruits or poached and puréed fruits can be baked under a custard - see section 12, custards.

Fruit Creams & Yoghurt

Put a tablespoon or more of sweet thick coulis or compote or ready to eat fruit, dried fruit or chopped nuts in the bottom of individual dishes and top with Greek yoghurt, plain or flavoured with appropriate spices or zest. Top with chopped nuts, grated chocolate, honey, cocoa powder, cake decorations or a combination as desired.

Lemon Cream

Stir together 4 tbsp good lemon curd, 2 tbsp each of Greek yoghurt and crème fraiche and 1 tsp lemon zest. Chill for 1 hour. Decorate if desired.

Fruit Methods 15.11

Mousses & Bavarois

Fruit Mousse - (1)

Cook 1-1.5 lb fruit with 3 oz brown sugar (to taste) in 2 tbsp fruit juice until soft and melted. Dissolve ½ oz gelatine in 2 tbsp orange juice, heating if necessary stir in, allow to cool but not quite set. Whip 5 fl oz double cream and stir in. Whip 2 egg whites and fold in. Pour into bowl and chill to set. Suitable: apple, blackberry, raspberry, black currant.

Fruit Mousse - (2) (bavarois)

Make 10 floz pouring custard with 4 yolks. Dissolve a sachet gelatine in a little liqueur or purée. Pour this and 15 floz purée into the somewhat cooled custard. Fold in 3 whipped egg whites and fold this into up to 10 floz whipped cream. Chill in individual moulds. Turn out and serve with coulis.

Fruit Soufflé

Any poached and puréed fruit can be baked in a soufflé - typically 10 floz or 1 lb of fruit purée; see Section 12 for basic recipe

Fruit Sorbet

Combine 20 fl oz liquid (correspondingly reduced to account for liquid in flavouring), 8 oz sugar (correspondingly adjusted for sweetness in flavourings), flavourings. Freeze 2 hours, stir and fold in one whisked egg white and freeze overnight. Flavourings:

- Lemon - juice and grated rind of 4 lemons
- Redcurrant - 20 fl oz redcurrant jce + jce lemon
- Pineapple - 15 fl oz pineapple purée and jce lemon (use 10 fl oz water)

Note: apple & pear require double the fruit.

Sorbets

The method of churning a sorbet is dependent on the equipment available in the kitchen. Sorbets can be made from, fruit juices, soft fruits or peeled and cored/stoned hard fruit.

Soft fruit: liquidise and sieve 500g fruit and mix with sugar and water.+ lemon juice Simmer for 5 minutes or so. Adjust strength, sweetness, acidity to taste.

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Fruit juice: 500 ml of strained juice, simmered with water+lemon juice and sugar

Hard fruit: Peel, quarter and core/stone 500g fruit. Cover with cold water+ lemon juice and simmer until fruit has softened. Adjust for acidity, sweetness and thickness.

In all cases, allow to cool then freeze and churn according to equipment available.

Candidates: blueberry, black currant, cherry, grapefruit, lemon, lime, orange, pear, raspberry, strawberry, tangerine, water melon.

Fruit Ice Cream - See Desserts

MINCEMEAT

Mix 8 oz diced peeled cooking apple, 12 oz various dried fruits cut to size, rind and juice of 1 orange & 2 lemons, 6 oz dark brown sugar, 1 oz chopped nuts (e.g. pine or pecan), 4 oz mixed peel (optional), 1 tsp each cinnamon, coriander, nutmeg, knob of ginger, minced. Leave 12 h. Stir in 4 oz suet or melted butter & bake covered 2 h 120°C. Mix in 2 floz port, sherry or brandy and any more sugar to taste; store covered 24 h minimum before use.

16. Fruit A to Z



Fruits below are grouped for interchangeability of recipes, except where indicated.

Apples and Pears.

A *butter, cinnamon, almond, brown sugar, sultanas, lemon, cheese, pear with chocolate.*

Recipes are interchangeable but allow for relative sweetness. Use eaters for all except purées, mousses and dumplings. Quarter lengthwise, cut out core with a narrow knife and peel if required before cutting further into segments. Keep under acidulated water once cut. Use in tarts, pies, crumble, Charlotte, Tatin, Alsace, sour cream tart, apple cake, strudel, fruit salads, poach or compote.

Apricots & Plums.

A *almond, cinnamon, ginger, lamb (apricot), vanilla*

Allow to ripen to bring out the flavours. Cut round the seam and remove the stone. Quarter if necessary. Cook cut side up. Plum family keeps its shape better in tarts & pies if first sprinkled with sugar and baked cut side up 5-10 min. 200° Use in tarts, pies, crumble, Charlotte, Tatin, Alsace, sour cream tart, plum cake, fruit salads, poach or compote. Fry apricot halves in butter - add sugar & lemon juice halfway through and serve on French toast. Roast plums with a sprinkling of crushed biscuits, cinnamon & butter

Bananas

A *brown sugar, coconut, honey, orange, dried or exotic fruits*

Acidulate once peeled or use immediately. Use in sundaes, fritters, fruit salads, dumplings, custard & trifle, cakes & breads. Custard tart: pre-cook the tart with chocolate chips below custard. Chill. Top with slices of banana coated in orange juice and whipped cream immediately before serving. Melt butter, brown sugar in a wide pan. Add bananas then orange juice, zest & cinnamon.

Fruit A to Z 16.2

Blackberry & Raspberry

A *any summer fruits, peaches, vanilla.*

Prone to pips & grubs, their intense flavours are ideal for a coulis or jam. Use them to pep any custard based dish or mixed fruit dish. Use in fools, sorbets, rhubarb crumble, trifle, fruit salad, Linzer torte, Russe

Blueberry & Bilberry

A *all other fruits, vanilla, cinnamon, blue cheese*

When ripe these need no preparation. A mix of uncooked and cooked fruit works well. Use any summer fruit recipe. Pair with a harder fruit in a crumble or pie. Mousse or sorbet, cheesecake, Frangipane

Cherry

A *almond, chocolate, goat's cheese, duck*

Sweet ones can be used as plums. Sharp ones as black or red currants. Simmer with 4 tbsp water & 3 oz sugar to draw out juices. Use in cherry & almond tart or crumble, pie, fruit salad, Frangipane, sauce for duck

Dates

A *cream cheese, coffee, caramel, bacon, walnuts*

Need no preparation. Fresh dates can be stuffed with a ground almond or cream cheese based stuffing. Soak with thin cream and banana for fruit salad. Fry with almonds and cook with rice to make into a sweet pilau. Pair with walnuts in cakes.

Dried Fruits

A *almond, citrus, pork, game, vanilla, port, other fruits*

Simmer gently in a little flavoured stock syrup until just plumped for a fruit salad. Use in small quantities as an alternative sweetener in other fruit or vegetable dishes. Add to tagines. Use prune purée (with or without port or walnuts) in flans, mousses, soufflé.

Figs

A *almonds, citrus, grapes, olives*

Use only soft, dry, ripe figs. Cut off the stems. Fresh figs: cut from the

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top and squeeze from the bottom. Stuff with walnuts. Stuff with walnuts cinnamon, sugar and simmer with cloves 30 min. Make a tapenade with white wine, lemon juice, anchovies, olives, capers. Grill with bacon. Poach with spices, Madeira & pine nuts or bake.

Frangipane tart.

Gooseberry

A *cardamom, lemon, fish dishes, cream*

Top & tail and simmer in 4 tbsp water and 2 oz sugar until the skins just burst. Sweeten to taste. Use in fool, sorbet or soufflé, gooseberry & sour cream tart. Sauce for mackerel. Consider rhubarb recipes

Grapes

A *chicken, cheese, nuts, fruits*

Black, red or white. Normally used fresh or in fruit salad or jelly, but see also autumn pudding. With chopped walnuts & cream cheese in a pre-cooked flan base. Sole Veronique.

Kiwi

A *bananas citrus, chocolate, prawns*

Chinese gooseberries are usually served fresh, sliced, in salads. Prawn & kiwi salad.

Lemon & Lime.

A *other citrus, goat's cheese, mint, saffron, shellfish, smoked fish, thyme, egg dishes e.g. sponges, custards*

Usually the zest and/or juice are used to flavour sauces, salsas, fish, fruit or baked dishes. Slices can be candied and used in tarts. See various recipes for lemon tart. Stop lemons marmalading by adding salt. Lemon meringue pie, sponge pudding, cheesecake, soufflé, curd, key lime pie, mousse, sorbet.

Lemonade: Make a stock syrup from 1 cup each of sugar and water. Simmer 1 min. with thinly pared rind 4 lemons and allow to cool. Add the juice and dilute with water or soda to taste. Sweeten to taste.

Melon & Papaya

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A *cinnamon, ginger, lemon*

Test for ripeness by smell. Cantaloupe, Charentais, Ogen, & Papaya have the best flavour. Water melon adds colour. A mix of ripe melons makes an excellent fruit salad. Canteloupe, chicken & ham salad.

Orange & Grapefruit & Kumquat

A *chocolate, cinnamon, squash, duck, or as lemon*

To use in their own right either slice latitudinally and cut round skin OR cut off top & bottom, cut peel, pith and outer membrane away and use knife to extract the segments. Otherwise use juice and zest as lemons. Kumquats are blanched and eaten whole. Orange is good in sweet and savoury salads, alongside sea food, avocado, chicory. Poach slices with red wine & cinnamon. Use in sorbet, fool, mousse, flan, Bavarois, cheesecake, trifle, soufflé.

Passion Fruit

A *a strong flavour for yoghurts, custards etc.*

An intense flavour. Keep until wrinkled. Scoop out and use as flavouring for sauces, custards, Greek yoghurt, drinks, soufflé, ice cream.

Peach, Nectarine & Mango.

A *orange, raspberry, red wine, strawberry, vanilla, lavender*

It is well worth paying for well flavoured ones - juicy with a hint of acidity. Cut round the seam and if ripe the stone comes easily away. (Mangos cut along the stone and carve off cheeks) If cheap enough to consider cooking then peaches should be poached until soft by the skewer test before the skins are removed, or halves baked cut side up with a sprinkling of crushed biscuit, butter, cinnamon or lavender. Treat nectarines as plums. Peach or nectarine and almond crumble. Remove stone - cut almond shape round stem end and push out from other end with a skewer then stuff with raspberries. Peach & blueberry tart. Excellent purées or ice cream.

Persimmon & Sharon Fruit

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A *citrus, ginger, spices*

Use as mango or papaya. Purée and use in a fool. Use pulp with lemon, spice & ginger in a batter pudding

Pineapple

A *coconut, ginger, vanilla*

Cut down along the “core” and further into segments. Remove core.

Cut through into cubes, or almost through if serving fresh in segments.

Simmer cubes in syrup until tender for tarts or pies or add fresh to fruit salad. Grill rings and serve with coffee ice cream. Top with praline.

Upside down cake. Chicken with pineapple, tomato & raisins.

Accompaniment for duck.

Quince

A *citrus*

Prepare and use as unripe apples, poaching or baking for a long time until tender.

Red & Black Currants, Cranberry

A *duck, turkey, game, beetroot, cream*

Remove stalks, wash thoroughly. Highly flavoured these are ideal in a coulis or for dishes requiring a fruit flavour. Cook with very little water until skins burst then sweeten to taste. Sieve. Sweetened fruit goes well with other summer fruits or to pep up custard based dishes. Sorbet, ice cream, fool, jelly. Dutch blackcurrant tart: make a custard, fold in whipped egg whites and ground almonds. Layer cooked currants on a biscuit base, cover with the custard and bake. Pear & blackcurrant tart or crumble.

Rhubarb

A *brown sugar, cardamom, fresh ginger, orange, raspberry.*

Cut into disks and simmer or bake with butter & sugar in its own juices.

As disks become tender, withdraw with a slotted spoon. Reduce the

juices and pour over. Rhubarb is versatile par excellence. Fool,

compote, pie, Charlotte/Brown Betty, Alsace, crumble, soufflé. In a pie

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best combined with ginger, raspberry or orange.

Star Fruit or Carambola

A *chicken, constituent of some SE Asian curry for fish*

Serve fresh in salads. Remove any brown bits with a peeler, cut across into stars and remove any seeds.

Strawberry.

A *black pepper, lemon, summer fruits, vanilla, wine*

Remove blemishes, stalk and cut in two. Minimum sugar and crème fraîche rather than cream. Some use black pepper. Can be used uncooked in most fruit dishes. Shortbread, meringue, Eton mess, Pavlova, cake filling. Fools, compote, sorbets, ice creams, Bavarois, tarts, crumble (exudes a lot of moisture), Frangipane tart or cheesecake. Kissel: chilled cups of strawberry puréed with white wine thickened with corn starch and flavoured with cinnamon & Curacao.

Fruits for Frangipane Tart: apple, pear, pineapple, cherry, plum, dried apricot, soft fruits. Or stir grated apple into Frangipane, coat with icing sugar when cold.

17. Baking

without yeast



Rise is induced by incorporating air while mixing the dough, from sifting the flour, rubbing, creaming and beating in. Extra lift may be added by separating the eggs and folding in the beaten whites as per soufflé.

Baking powder provides the remainder of the lift; the amount varies with the method and the heaviness of the ingredients. Whereas in bread-making gluten is relied on to keep the texture after baking, cakes rely as much on egg white which sets while baking. The proportions of egg white, flour and fat affect the texture - egg whites provide bounce, fat gives creaminess and glossiness, flour gives solidity, especially if whole wheat. Ingredients should always be at room temperature; fat from the fridge, cut up, needs an hour or more to soften, and a large egg, two hours.

Mixing the dough

First sift any spices, powders and salt with the flour.

- rub in - [for most pastry, or cakes with low fat content] Cut fat (room temp) into the sifted flour and rub in with finger tips; touch lightly to aerate and avoid working the fat too far into the flour; shake the bowl to bring large pieces to the top. Alternatively cut in with a knife. Suet is usually fine enough not to require any rubbing. Mix in remaining dry ingredients. Stir in liquids cold but not chilled, sparingly and quickly with a blunt knife, using a cutting action. If all flour will not combine, add a little more water but don't over mix. For cakes the mix should just drop off a spoon. Knead just enough to bind together.
- Processor - add as above but cut butter into pieces and freeze first, then use processor. Combine by hand as above.
- All-in-1 - [for cakes if processor available] add ingredients in following order, blending well: soft fat, sweetener, eggs (preferably already beaten), then other wet ingredients, fold in premixed dry ingredients, add a little liquid if necessary to slacken. For sticky

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sweeteners (e.g. treacle) use:

- Melting - [for cakes involving sticky sweeteners] Melt fat with sweeteners, optionally boil with any dried fruit; cool a little; continue as all-in-1.
- Creaming - [alt. traditional for sponges & Viennese pastry, with better texture] Cream fat and sugar until light in colour, beating in as much air as possible; beat in eggs well; continue as all-in-1.
- Quickmix Pastry - Mix flour, sugar and egg yolks. Blend in butter, shear with spoon to form dough. Roll carefully and chill 1 hour before baking.
- French Flan - [for rich, crisp flan pastry, vanilla flavoured] Fat, eggs, sugar and flavouring are surrounded on a board by flour and amalgamated with the fingers of one hand. The flour is then drawn in to form a smooth soft dough. See recipe.
- Choux pastry - Flour, then eggs, are beaten into just boiled water and butter. See recipe.
- Batter - Stir the eggs into the middle of the flour and beat in while gradually adding liquids and incorporating the flour; allow to stand an hour

Forming Rolled Pastry

Rest dough 30 min. in a poly bag in refrigerator to allow it to become elastic. Roll out 2 inches wider than tin, (press don't push). For flaky pastry, reserve most of the soft fat when mixing; lay 1/3 fat cut thin over 2/3rds area; fold over the free third, then again to give 3 layers pastry round 2 layers fat; chill 15 min. and repeat twice more with the remaining fat, resting and chilling. Use rolling pin to position over greased & floured tin and press lightly into the corners with a pinch of dough, easing the pastry to avoid stretching. Roll off the excess; ease up the edges To cover a pie, roll out 1" larger than dish. Dampen edges & tuck in; crimp with fork.; make two small slits in top to let steam out. Indent patterns with teeth of a fork. Decorate with trimmings of pastry attractively shaped. Rest again, covered, before baking. Brush with egg or milk, sprinkle with sugar if sweet. Alternatively cut into disks or tiles with a cutter & overlap round dish from the outside.

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Baking A Flan Case Blind

If cooking time for filling is short or filling wet. Prick base with fork and bake at 190°C 20 min. If base starts to rise, prick it back. To stop filling invading the pastry, brush with egg white while still hot. To crisp, pour 2-3 tbsp sizzling oil around the inside before brushing. Return to oven for 3 minutes. Cool.

Baking Tips

Don't stack directly above each other in the oven. Always ensure oven is at temperature, 200°C for puff pastry, 190°C other pastry, 180°C for cakes, 150°C for fruit cakes. Time is related to thickness, density & temperature, but typically 35 minutes per final inch thickness, light sponges take less, wet or heavy cakes longer. Don't open oven door until 75% time has lapsed.

Test cakes by inserting a skewer, turn and withdraw, inspect for uncooked dough. Pastry will be browned and shrinking from container. Cakes with high fruit or syrup content may need to cool in the tin before turning out.

Decoration

Before baking, sprinkle or arrange over:

- ▶ Poppy/sunflower seeds, chopped/ slivered nuts
- ▶ Very thin slices of orange
- ▶ Pastry lattice; brush with milk or egg
- ▶ Streusel - see pastry below

Or after baking:

- ▶ sugar glaze; dissolve 2 tbsp sugar in minimal water, brush while hot.
- ▶ coloured glaze; heat 1lb jam with juice ½ lemon & 4 tbsp water; simmer 4 min, strain, boil 5 min
- ▶ coat cold with jam/marmalade/lemon curd, sprinkle chopped nuts
- ▶ Soured cream/fromage frais, sprinkle with demerara
- ▶ Cream 3 oz cream cheese, 3 oz butter, 6 oz icing sugar, vanilla essence
- ▶ Melt 1½oz butter & 1oz cocoa; cook 1min. Stir in 3tbsp milk, 4oz icing sugar, beat as it cools.

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Crumbly Toppings

Basic Crumble (flour Base) Rub 3 oz fat into 8 oz flour (or combination of flour +gram, rice or soya flour, mashed potato, breadcrumb, oats, ground nuts). Add chopped nuts, grains, seeds. Optionally add garlic, grated cheese, herbs, ketchup or mustard (savory) or 3 oz soft brown sugar. lemon zest, spices to taste (sweet). Mix well and smooth over filling, not too thickly or the result will be dry. Sprinkle with slivered or chopped nuts or seeds if desired. Bake 180°C for 40 minutes.

▶ **Vegetable Crust Topping** - Replace up to 2/3 flour with raw grated root vegetables, softened onion or leeks, raw courgettes or peppers, chopped blanched spinach. When using minimum flour it is possible to replace the butter with the same weight of oil, stirred in after mixing the other ingredients.

▶ **Streusel Topping** - for decorating cakes & puddings. Mix 4oz demerara sugar, 2 tbsp flour, 2 tsp spice, 2oz chopped nuts, stir in 2 oz melted butter & cool before use.

▶ **Sour Cream Topping** - for fruit flans Mix 2oz flour, 3 oz granulated & 1 tsp cinnamon. Sprinkle over. Pour over 4 floz sour cream. Bake 190° 15 min. then 180/170°

Crumble Topping (bread Base)

Blitz 6 oz bread in processor and then 3 oz butter, 2 cloves garlic, lemon zest and thyme. Optionally Stir in 2-3 oz finely grated cheese and a little mustard.

▶ **Charlotte** - Mix 6-8 oz breadcrumbs with 3-4 oz melted butter and lemon zest. Sauté and stir into fruit, combine in layers or cover. Sprinkle with lemon juice. Sugar to taste.

Flapjack - 4oz porridge oats, 3 oz melted butter, 3 oz soft brown sugar, 1 tbsp treacle. 180° 30 min. Can be used also as a base.

Vegetable Purée Topping - mix with milk, butter, S & P. Brown under grill. See veg methods.

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Rolled Pastries

SHORT CRUST PASTRY

Using rub-in method. Key ingredients are:

* = for whole-wheat, optional	Flour oz	Fat oz	Bkg Pdr Tsp*	Water tbsp
7" flan	6	3	1.75	2-3
7" flan & lattice	7	3.5	2	3
9" flan	8	4	2.25	3-4

Use butter for flavour or 50% butter & lard for lightness. Add pinch salt. Variations per 4 oz flour:

- rich short-crust - use an egg/egg yolk in place of a tbsp water; or increase fat by 50%
- nut crust - substitute up to 50% ground nuts. Hazel nuts and almonds are best lightly roasted before grinding.
- sweet-crust - add 1 oz sugar, also any spice, or essence. (Esp. Vanilla)
- cheese crust - 2 oz grated cheese & powdered mustard
- oat crust - 30% oatmeal. Also try soya & gram flours
- spinach crust - finely chop spinach, cook in a little of the butter, remove with slotted spoon; drive off remaining water and combine with the rubbed in mixture. Or use cold spinach purée.
- Tomato crust - for colour and flavour add 2 tbsp tomato purée

‡ **Flaky Pastry** Use 50% more fat. Rolling see above.

‡ **Rough Puff** Use 50% more fat chilled and grated in; roll and fold in 3x3 times.

‡ **[puff Pastry** buy ready made.]

French Flan Pastry

For 7" flan ring sieve 4oz flour with salt and form into a ring on board. Pour in 2 egg yolks, 2oz butter cut small, 2oz caster sugar & 2 drops

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vanilla essence. Work together with one hand, then draw in the flour, kneading until smooth. Chill 2 hours; remove from fridge 30 min. before use. Crisp and buttery. Do not overcook.

‡ Quickmix Pastry - Process 8oz flour, 2oz sugar & 2 egg yolks. Blend in 4oz butter, shear with spoon to form dough. Roll carefully and chill 1 hour before baking. Variations as short crust.

Pressed Flan Bases/tops

Crumb Shell Base

Mix 5 oz digestive or ginger biscuits (crushed with the end of a rolling pin) with 3 oz melted butter & 2 oz sugar. Press into tin and chill or bake blind. Options: ground or chopped nuts, cocoa powder.

Potato Crust

Grate 1 lb potatoes into acidulated water. Drain and salt well to draw out moisture for 30 minutes. Squeeze out excess moisture and mix in 3 tbsp grated onion (optional), a little melted butter (optional) and 2 beaten eggs. Press into flan dish, bake with filling.

Potato Crust 2

Slice 2 medium baking potatoes into thin ovals. Toss with olive oil, season and arrange in a single layer on 2 baking sheets. Bake 190 until soft but not browned. Press into a greased pie plate, overlapping so they stick out over the rim. Add filling and bake 40 min. Cool a little before slicing.

Potato Crust 3 (topping)

Peel and boil 2-3 baking potatoes. Mash in the pan, beating well with an ounce of butter, optionally cream and turmeric, nutmeg or garlic, salt and lots of pepper. Finally add an egg and arrange over filling, starting around the edge. Rake into ridges and dot well with butter. For cheesy mashed potato gradually beat in any amount of grated cheese with two tsp coarse grain mustard and a hint of turmeric before the egg. Bake covered until warm through then 15-20 minutes at 200 °C uncovered to brown. Two vegetables can be combined (e.g. potato and celeriac).

Dutch Processor Pastry

Process 4 oz flour, 4 oz curd cheese/yoghurt, 4 oz cubed butter, 1 oz sugar, or salt. Pat into shape chill.

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Bread/crostini Base/top

Line greased flan dish with slices of bread, the crusts removed. Brush with olive oil or melted butter. Bake blind and add filling just before serving. Or use as pie crust, sprinkled with butter, sugar & spice (sweet) or herbs & garlic (savoury).

Meringue Nut Base

Mix 6oz ground almonds, 2 oz caster sugar, 1 whipped egg white to a stiff paste, chill & roll to fit an 8.5" flan tin. Bake carefully without burning 25 min. 175°C. Cool.

Miscellaneous Pastry

Filo Pastry

Follow instructions on packet; keep covered to prevent drying and brush each sheet with melted butter as used.

Choux Pastry

Boil 5 fl oz water in large pan with 2 oz butter; let bubbles subside and beat in 2½ oz strong flour vigorously. Allow to cool 5 min. Gradually beat in 2 eggs until glossy; leave out a little if getting thin and form onto a dampened baking sheet with right size spoon. Brush with beaten egg & bake 20-30 min. 200° according to size until firm. See also section 5.

Raised Hot Water Crust

Boil 7 fl oz water with 6 oz lard. Tip into 1 lb flour with ½ tsp salt and mix rapidly. Option, add egg. When cool enough to handle raise the pie case inside a cake tin with removable base. Fill & cover, making a small hole in the top with skewer. Cover with pastry rosette. Brush with egg & bake 200° 170° for 1-2 h depending on size. Brush again and return for 10 min. Pour jellied stock into the hole & cool 24 h.

Choconut Cups

Grind finely 4 oz sugar with 4 oz nuts. Stir in 2 oz cocoa & 1 oz flour. Blend in 2 egg whites & vanilla. Spread into 5" rounds & bake until just brown. Press over small bowl to form fluted cups.

Yeasted Pastry - See later section

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Sponges for All Purposes

Basic Sponge

Cream 4 oz soft butter with 4 oz sugar. Beat in one or two eggs. Almond or vanilla essence or lemon zest optional. Stir in 4 oz flour with 2 tsp baking powder. Slacken with a little liquid if desired. Spoon over the filling and smooth out or use as a base [with 1 extra oz flour] for dryish fillings, or for cake recipes with added flavourings. See also upside down pudding and steamed puddings on following page.

► **Cobbler** use 4 oz butter, 3 oz sugar, 1 egg yolk, vanilla essence, 2 tsp baking powder, 5 oz flour; form into balls, dredge with flour and arrange over filling.

► **almond Sponge/ Frangipane** - substitute ground almonds for most flour and add almond essence. Beat well to incorporate air. Glaze while warm. Variation (1) when using as a filler: omit the whites and reduce butter. Variation (2) 4-5 oz ground almonds, 2-3 oz vanilla sugar, 2 eggs & 4-5 fl oz double cream. Flavour with lemon, vanilla, etc..

► **lemon Surprise** - use 4 eggs separated, 4oz butter, 6 oz sugar, 1-2 oz flour, ½tsp baking powder, juice & zest 2 large lemons, 15 fl oz milk. Finally fold in the whipped egg whites as per a soufflé. Bake 40-45 min. 175° - liquid settles out to form sauce. Try other flavourings.

Chocolate, Orange

Sponges From Batter (Italian style)

Combine 2.5 oz (wholewheat) flour, 2 oz coarse cornmeal (or ground almonds) with 2 tsp baking powder, spices. Combine 2 beaten eggs, 6 fl oz milk 2.5 oz melted butter & 4 oz sugar and mix in to thin batter. Fold in prepared fruit and bake in buttered tin 180°C 35-40 minutes; serve warm or cold.

Flourless/fatless Sponges

Mix 6 beaten eggs with 8 oz ground almonds, 1 tsp bkpdr, 8 oz sugar and flavourings. Slacken if necessary. Sprinkle with slivered almonds and bake in a buttered floured tin with removable bottom, 1 hour or more. Serve cold. A cross between a sponge and a tortilla, it can be soaked in syrup or liqueur as a dessert. See Orange Ceda cake.

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Chocolate Sponge Bases

A. Melt 4 oz choc with 2 tbsp strong coffee & cool. Beat 3 yolks to ribbons with 3 oz sugar and beat in. Fold in the whisked whites. Bake 15-20 min. 180°

B. Beat 4 oz sugar with 5 yolks, fold in 4 oz cocoa. Whisk 5 whites adding 4 oz sugar. Fold in. Bake 25 min. 160° and allow to cool. Use for chocolate mousses & terrines

Suet Crust

Mix 8 oz flour, 4 oz suet and up to 4 oz sugar with 2 tsp baking powder & ½ tsp salt and stir in with a knife just enough water to bind. Pat out for steamed puddings, pies and dumplings or a spongy topping. Roll out and use like short crust.

Dutch pie - pat & bake, pouring treacle over topping after 20 min.

Whirlygigs - roll pastry and roll up with jam or marmalade. Slice into 8 & spread disks over.

Dumplings

Suet Dumplings

Mix 4 oz flour with 1½ tsp bkg powder, 2 oz dry suet, ¼ tsp salt & pepper. Add cold water to bind, stirring lightly with knife, until all flour is absorbed. Divide into 10 pieces, roll each in flour and add to stew for AT LEAST 20 min. ensuring stew doesn't go off boil. Variations: add herbs, cheese, peanuts, brown flour, Duxelles etc.

Bread Dumplings

Process 4 oz fresh white bread crumbs, 4 oz flavourings, 2 tbsp double cream, 3 egg yolks and seasoning. Form with two spoons and simmer. Cook over a stew or steam 15-18 min. according to flavourings.

Flavourings:

- minced crab + juice & zest 1 lemon
- bone marrow, lemon & thyme

Note: countries around Europe have their own widely varying recipes.

Steamed Puddings

- **Sponge** Use 4 oz basic sponge mixture. Slacken to a just pouring

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consistency and pour into greased bowl. Variations: **Treacle/jam** sponge - 2 tbsp treacle and chopped nuts or jam under mixture. lemon zest to mix; **lemon, orange** - add zest & juice of lemon or orange; **ginger** - 4 oz preserved ginger and 1/4 tsp powdered ginger in mix; **apricot** - add chopped cooked apricots & apricot jam; **chocolate**.

► **Suet** Use 8 oz basic suet mixture, lightly pat into shape of the pastry or roll out and cut out a wedge. Line the base of a greased pudding bowl. Cover and seal filling with remainder. Fillings: jam, treacle, up to 6 oz dried fruit or 8 oz stewed fruit with zest, ½ tsp spice & sherry to moisten; Sussex (quartered lemon, 4 oz brown sugar and 4 oz chopped butter); Winter Lemon beat 2 eggs, zest & juice 2 lemons with 6 oz sugar, 2 oz melted butter. Divide filling with a horizontal layer of suet pastry.

♦ To steam, seal the bowl well with pleated grease-proof paper or (buttered) foil. Secure with string and steam covered over boiling water for at least 90 min, or 4 h for weighty filling; it is not possible to over-cook. Ensure water does not reach bowl and does not go off the boil when topping up. Turn on to a warm plate. Or cook in microwave 5 min!

Roly Poly Pudding

Roll out the pastry to a rectangle. Spread with filling and roll up. Place on a baking tray, cover loosely with foil and bake 190° 40 min. or place in a steaming jar, cover with greaseproof and steam 2 hours, in either case allow for expansion.

Two Puds from Pudding Club

Pineapple & Coconut Base: 4oz flour, 2 oz soft brown sugar, 3 oz butter. Rub in, press into tin and bake blind. Top: distribute 2 oz glace cherries. Beat well 2 eggs, then 4 oz sugar. Fold in 1 oz flour, ¼ tsp each baking powder & cinnamon. Stir in 2 oz desiccated coconut, 1 oz chopped nuts, 4 oz pineapple chunks, vanilla essence. Bake 180° 50 min.

Choc & walnut fudge Make 3oz sponge with 2 eggs and 1 oz cocoa powder. Pour over blend of 10 floz black coffee, 1 oz cocoa powder, 4 oz demerara sugar, 2 oz chopped walnuts. Bake 45 min. 180°

See later for upside down puddings

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Basic Cakes

As a raising agent, one unit \equiv 2 oz /57g SR flour \equiv ½ tsp baking pdr \equiv 1 beaten egg

creaming adds equivalent of 2 units.

2 oz flour needs 1-1½ units for a light cake.

Basic Cake Mixture (Unit Quantity)

2oz fat, 2oz sweetener, 2oz flour, 1 egg + 1 level tsp baking powder.

Mix by all-in-1, or by melting method if using sticky sweetener.

If incorporating treacle, molasses or boiled fruit, replace 25% baking powder by bicarbonate of soda to reduce acidity.

If incorporating a high proportion of wet flavourings (e.g. banana) then increase flour and baking powder by up to 50% If incorporating sweet flavourings reduce sweetener.

LOAF cake, use 3x quantity and bake 40 min, 160°C

SANDWICH use 2x and divide between tins 30 min, 170°C

ROUND cake use 3x and 6" tin, 45 min. 160°C

Flavourings

Add additional ingredients per 2oz quantity:

- ▶ zest ½ lemon/orange + 1 tsp juice - see also syrup cake on page 205
- ▶ ½-¼ tsp spice
- ▶ use brown sugar and 2 drops vanilla/almond essence; plus nut or seed topping
- ▶ 1oz nuts ground + 1oz nuts chopped
- ▶ 2oz any dried or candied fruits and/or banana
- ▶ 1 level tbsp cocoa or 2oz melted plain chocolate (combines well with treacle or nuts)
- ▶ use honey or jam as part of sweetener
- ▶ 3oz grated carrot and/or banana, 1oz desiccated coconut and ½tsp spices - use cream cheese topping
- ▶ Xmas cake: 5oz dried fruit in 2tbsp brandy, 2oz candied fruit, 1 oz chopped nuts, spice & lemon zest - use 2x for 6" tin and bake 3.5h at 140°C, 4x for 8" tin and bake 4h, 5x for 9" tin and 4.75h
- ▶ Courgettes, parsnips, sweet potatoes, pre-cooked, can be

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incorporated

- ▶ Fresh fruits such as apple can be incorporated raw -see examples to follow.
- ▶ ½ oz poppy seeds soaked overnight in milk, + vanilla, + brown sugar

Cakes From Vegetables

Carrot & Almond

Mix 4 beaten egg yolks with 5 oz sugar, 1 orange zest, 4 oz ground almonds, 2 tbsp flour. Add 12 oz cooked & puréed carrot and fold in 4 beaten egg whites. Bake 170° 40-45 min

Italian Carrot & Almond

Beat 4 egg yolks, 8 oz sugar and one lemon zest. Mix in 8 oz finely grated carrot, 8 oz grated almonds 1 heaped tbsp SR flour. Fold in 4 whites. Bake in lined 2" tin, sprinkled with pine nuts. 180° 45 min. Sprinkle with icing sugar before serving.

Sweet Potato & Honey

Mix together 8 oz cooked mashed sweet potato, 6 oz honey, 4 oz melted butter, 1 tsp ground cardamom, 7 oz flour, 2 tsp baking powder, 2 eggs. Bake 180° 35-40 min

Decorate with flaked almonds and honey glaze

Courgette

Blend 10 tbsp melted butter, 4 eggs, 8 oz sugar, and vanilla essence. Mix 10 oz flour, 2½ tsp baking powder, ground cumin and/or caraway and fold in. Stir in 10 oz courgettes (grated and dried with towel) and 2 oz pine nuts. Bake in a floured loaf tin 210° 10 min. then 170° 75 min.

All-in-1 Passion Cake

Use oil & brown sugar and increase flour etc. by 50%. Flavourings for a 2x quantity: 2 oz chopped nuts (walnut) 4 oz grated carrot, 2 ripe mashed bananas, 1 tsp spice. Bake 180°C for 1h15 until shrinking from sides. Ice when cool with 3 oz cream cheese, 3 oz soft butter, 6 oz icing sugar and vanilla essence creamed together. Allow icing to chill before serving.

Miscellaneous Cake Recipes

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Those marked 🍷 when freshly baked are suitable for serving as a dessert with cream or fruit

Parkin

Melting method: 4 tsp dark brown sugar, 4 oz black treacle, 4 oz golden syrup, 4 oz butter, 6 floz milk, 4 oz flour, 2 tsp baking powder, 2 tsp ginger, 4 oz oatmeal. Bake 50-60 min. 180°C in a lined sq. tin.

Boiled Fruit Cake

Use melting method, boil fruit with fat & sweeteners. For a 3x quantity add 15 oz fruit, 3 oz seeds and nuts; 4 floz orange juice, 1 orange zest, 3 oz jam in place of ½ the sugar, 3 tsp spices, 2 tbsp sherry. 150°C 1h40

🍷 **Orange/lemon Syrup Cake**

Use 3 quantities basic recipe, add zest of orange/lemon with half the sugar. Add 2 oz candied peel as flavouring. After baking, put on a plate and pour over the juice in which the remaining sugar has been dissolved. Also called drizzle cake.

🍷 **Orange Ceda Cake**

Boil 2 large oranges in a little water for 2 h or 30 min. in a pressure cooker and cool. Remove pips and process. Beat 6 eggs in a large bowl and add the oranges, 8 oz ground almonds, 1 tsp baking powder, 8 oz sugar. Bake in a buttered and floured tin at 180°C for an hour or longer if still wet. Cool in tin. Option: top with Greek yoghurt, honey, pistachios.

Prune & Apple Cake

3 quantities basic recipe but use oil and dark brown sugar. Total flavourings: 6 oz ready to eat prunes, pitted 4 oz nuts (walnuts), and a medium cooking apple all chopped; ½ tsp vanilla essence, 1½ tsp spices; Bake 170°C 105-120 min. Cool in the tin.

🍷 **Sultana & Apple Cake**

Melt 2½ oz butter in a bowl; add 1 large egg, 4 oz sugar, ½ tsp almond essence and beat well. Fold in 4 oz flour with ¾ tsp baking powder and spread 2/3 in a greased 8 inch loose bottomed tin. Peel, core and slice 12 oz cooking apples; arrange on mixture. Spread over 2 oz sultanas and remaining mixture. Bake 190°C for 60-75 min. until the apple is soft tested with skewer; ease out and dust with icing sugar. Serve warm or keep covered in fridge.

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🍷 **Raspberry Crumb Cake**

Grease and flour a 7x9" baking tin. Combine 4 oz flour, 1 tsp bkg pdr, ½ tsp salt & 5 oz caster sugar in a bowl. Add 1 tsp vanilla essence, 2 eggs and 2 oz melted butter and mix well. Fold in 8 oz raspberries and 4 floz sour cream and pour into tin. Combine 4 oz brown sugar and 4 oz chopped butter. Mix in well 7½ oz plain flour. Sprinkle over filling and bake for 30 min. 180°C to skewer test.

🍷 **Italian Cornmeal Apple Cake**

Butter and flour large baking dish. Peel & slice 5 or 6 apples and sprinkle with lemon juice & cinnamon. Make Italian sponge batter using nutmeg. Fold in apples and bake in tin at 180°C for 35-40 minutes until golden. Works well also with reconstituted dried apricots, pineapple chunks and most frangipane tart recipes.

🍷 **Flourless Honey Pecan Cake**

In a large bowl stir together 5½ oz mashed potatoes, 5 egg yolks, 3 oz ground pecans & 3 oz honey. Grease and line an 8" cake tin with removable base. Separately combine 3½ oz caster sugar and 5 egg whites and whisk to stiff peaks. Fold gently into the potato mix. Pour into tin and bake at 170°C, 45-55 min. Cool in tin for 15 min. Remove carefully & serve with soft fruit & cream.

Marzipan & Soft Fruit Cake

Cream together 7 oz almond paste, 3 oz butter, 2 oz caster sugar and beat in 3 eggs. Fold in 5 oz soft fruit, 4 oz ground almonds, 4 oz flour, 2 tsp bkg pdr. Bake in greased tin 180°C 40 min; brush with glaze and allow to cool.

🍷 **Gungy Chocolate Cake**

Melt 5 oz dark chocolate with 1 oz chopped butter & 2 tbsp double cream. Remove from heat. Fold 3 tbsp sugar into 5 beaten egg whites. Stir 5 egg yolks into chocolate mix and fold this thoroughly and gently into the whites. Bake in 8" buttered & floured tin 180°C 15-20 min, leaving the centre soft. Remove after 10 min, leave on base, serve cool.

🍷 **Almond & Chocolate Fudge Cake**

Whisk 6 eggs with 12 oz sugar to stiff peaks with vanilla essence. Melt 8 oz chocolate with 8 oz butter and pour into the egg mix. Fold in 4 oz

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each breadcrumbs and ground almonds. Pour into baking tin and bake 180° 50-60 min. Serve after 10 min.

■ Chocolate Cake With Yoghurt

Combine 6 oz soft butter, with 8 oz sugar then 3 eggs, 6oz yoghurt, tsp vanilla, stir in 8oz flour, 2 tsp baking powder, 2 oz cocoa, 1 tsp bicarb. Bake 170° 40-50 mins. Ice when cool.

■ Genoise Cake

Warm and beat together and 6 eggs, 5 oz sugar and vanilla extract for over 10 min. until doubled in volume. Sift in 5 oz flour and ½ tsp baking powder. Fold in 3 oz melted and cooled butter. Pour into 2 prepared tins and bake 25-30 min, 175°. Use as base.

Coatings

Breadcrumb

For baking, frying or grilling: ½ lemon, 4 tbsp flour, 2 eggs, lightly beaten, 150g breadcrumbs, herbs, seasoning

Put the flour, lightly beaten eggs, and breadcrumbs & herbs in three separate deep plates. Rinse fillets, pat dry. Drizzle the juice of lemon over the fish. Pat dry again and season. Dip into the flour and gently tap off the excess. Dip into the beaten eggs, allowing the excess to drip off, and then into the breadcrumbs (pressing down gently).

Cook the fillets on each side for 2-3 minutes. Carefully turn so they do not fall apart using two spatulas.

Tempura Batter

Can be used to batter vegetables, anchovies, sage leaves or squid for deep frying

70g cornflour, 30g plain flour, 80ml sparkling water or light beer, chilled, small handful crushed ice

To make the batter, mix the flours with a pinch of sea salt. Whisk in the sparkling water and crushed ice then you are ready to use.

Biscuits

Use creaming method unless directed otherwise; roll out & cut with cutter, form small balls (dip into seeds etc) & press directly onto baking sheet or form cylinders with greaseproof (sprinkled w/ seed etc.), chill

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& slice. Space for spreading. Bake 180°C 15-20 minutes; cool on rack.

Peppery Cheese - 3oz butter, 3oz cheese (add w/ butter) 3oz flour, salt & black pepper; dip in poppy seed.

Choc chip and Peanut - 4 oz butter, 3 oz brown sugar, 1 egg, ½ tsp vanilla essence, 7 oz flour, ½ tsp bicarb, 3 oz chocolate chips, 3 oz shelled peanuts.

Lemon & Cardamom - 4 oz butter 7 oz brown sugar, zest of lemon, 1 egg, 1 tbsp lemon juice, 7 oz flour, 2 tbsp rice flour or semolina, 12 green cardamom pods. Remove the seeds and crush finely. Form cylinders.

Botermoppen - 6oz butter, zest ½ lemon, 4oz sugar, 8oz flour. Form cylinders. Alt: cinnamon; chopped nut topping

Brandy Snaps - use melting method. 4oz demerara, 4oz butter, 4oz golden syrup, 1 tsp ground ginger, 4oz flour, 1 tsp lemon juice. Distribute 4 tsp per tray; bake 160°C 8 min. till golden. Form & cool on greased spoon handles.

Digestive biscuits - rub 4 oz butter into 4 oz whole wheat flour, 4 oz oatmeal, 2 oz brown sugar and 1 tsp baking powder. Bind with a little milk. Roll out, cut and bake 180 C 15-20 minutes.

Upside Down Puddings

Line tin base with non-stick paper brushed with melted butter. Brush again & cover w/ 4 oz brown sugar. Press down evenly or caramelize 2 oz butter & 4 oz sugar. Sprinkle w/ cinnamon. Spread fruit evenly over .

Tarte Tatin: Use thinly sliced apples or pears. Roll out short crust pastry to fit base. Cover. Bake 40 min. 180°C. Cool & invert. Alt: poached pineapple, bananas, strawberries. (Make pastry v thin, use caramel and cook fast and short so as not to overcook the fruit)

Upside Down Sponge: Use any firm fruit. Add the sponge carefully and bake 180°C for 50 min. & test with skewer. Invert warm. Alt: Melt 4 oz each butter, treacle and golden syrup. Beat 1 egg, 5 fl oz milk, 1 tsp bicarb. Blend into 8oz flour, 1 tsp each cinnamon & ginger. Beat until glossy.

Alt filling: 4 eggs, 3 tbsp melted butter, 4 fl oz honey, 3 oz light brown sugar 7 oz chopped walnuts

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Scones

Must be eaten fresh. Use up to 50% whole wheat flour. Mix 8 oz flour with 3-4 tsp bkg pdr (more if filling heavy) and any spices. Rub in 1.5 oz butter or lard - lard makes better, softer scones. Stir in any sugar (1.5 tbsp for sweet scones) and any dried fruit (1.5 oz max). Mix to smooth soft dough with 1 beaten egg and 3-4 tbsp milk. Roll out gently 3/4 INCH OR GREATER. Rest 30 min, Cut without twisting, flour and bake 220°C 15-20 min. Serve warm. Options:

- ▶ 2 oz grated cheese and/or sweated onion/leek
- ▶ grated cheese, mustard and crispy bacon
- ▶ flaked smoked fish (8oz max), onion, lemon zest
- ▶ zest of lemon and finely grated parsnip

Soda Bread

500g wholemeal flour, 2 tsp sea salt, 1 tsp bicarbonate of soda, 400ml whole milk, juice 1 lemon, 2 tsp honey

Heat oven to 180C. Mix together the flour, salt and bicarb in a bowl.

[For rosemary bread, add 1 tbsp finely chopped rosemary]

Mix the milk and lemon juice in a jug, and wait a minute as it turns into buttermilk. Stir in the honey, and pour it into the flour mixture. Stir with a knife for a minute until the whole thing comes together into a sticky dough. Tip onto a floured work surface and shape it into a ball.

Put the ball on a floured baking tray and, using a sharp knife, make a deep cross on top. Put in the oven and bake for 40 mins. Cool on a wire rack until warm, then slice and serve.

Corn Bread

Combine 3 oz butter, 1 oz sugar, 2 beaten eggs, 4 oz cornmeal, 2 oz ground almonds or flour, 1 tsp salt and 1 Tbsp. baking powder. Slacken with a squeeze of lemon and a little milk or cream. Line loaf tin with non-stick paper, bake 30 min. 175° until gold & shrinking from sides. Can be re-warmed.

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Batters

Ingredients	Pancake	Yorkshire	Drop scone	Coating
Flour	4 oz	4 oz	4 oz	4 oz
Salt	¼ tsp	¼ tsp	½ tsp	½ tsp
Baking powder	--	½ tsp optl	1 tsp	--
Sugar/honey	1 tsp	--	1 oz	--
Eggs	1-3	2 or 1+1y	1	1 ▲
Milk & Water	10 floz	7 floz	5 floz	7 - 3 ▲
Butter	1 oz	▼ -	1 oz	2 tbsp olive oil

Typically makes enough for 2 to 3.

▲ Separate & fold 2 beaten egg whites into liquid before use. More/less liquid makes lighter/crunchier batter.

▼ Oil or dipping is added to pan.

Mixing the batter. Mix dry ingredients in a bowl; Break eggs/yolks into well and beat, incorporating gradually and adding liquid as it gets dry. Blend well and leave to rest 20 minutes. Stir in well any melted butter or oil and adjust the consistency by adding a little water or flour if necessary. Eggs can be separated, whites being beaten and folded in before cooking for more rise.

Frying Pancakes & Drop Scones Wipe a medium pan and add a smear of oil. Get hot enough to make a drop of water sizzle before pouring enough batter from ladle to coat the pan, tipping to spread for pancakes, optionally in rings for drop scones. When the surface clouds over and bubbles appear, ease & turn with a spatula. Trial with the first will show the amount of batter, heat & cooking time. Re-oiling is avoided by the melted butter.

Pancakes can be pre-cooked and stored, even frozen. Reheat in oven, pan or toaster as appropriate.

Optional ingredients for pancakes and drop scones. Use gram flour or 50% buckwheat or a proportion of cornmeal; use 50% tomato juice

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with 2 tbsp paste; add 8 oz spinach purée; 2 mashed bananas; add ½ tsp turmeric, spices or herbs, 2 oz sultanas & zest; 2 tsp cocoa powder & 1 tsp vanilla extract; finely grated cheese.

Cooking Yorkshire Pudding

Put 2 tbsp dripping (or oil if not available) into the baking tin compartments and place in oven. When the tin is smoking, whip up the batter again, remove the tin from the oven, pour in the batter & replace immediately. Always cook at a high temperature (200 C minimum) for the first 15 min, then reduce to complete cooking for another 20-30 minutes. Individual puddings take 20 min.

Options: ► zest 1 lemon or lime ► horse radish cream ► herbs, fresh or dry

Serve with all meats or fish with appropriate gravy or soured cream.

General Purpose Tempura Batter

Lightly combine 8 oz water and 1 egg with a balloon whisk. Then sift in 4 oz flour or 3 oz flour & 1 oz cornflour. Do not over beat & use immediately.

Batter Puddings

► Clafoutis

The Batter: 3 tbsp each flour & sugar + 2 eggs and 10 floz milk and/or cream. Liberally butter a baking dish and arrange prepared fruit on the bottom. Pour over batter and bake in preset oven, 35 min. 180°C until browned. Serve hot, warm or cold. Optionally dust with icing sugar.

More eggs can be used, also batter can be flavoured with spices, zest, honey, cocoa powder, vanilla, liqueur.

The fruit: cherries

chopped apples and/or pears

peaches and/or apricots

plums

prunes or other soaked dried fruits

Bananas & orange zest.

► Downside Delight

Poach 2 lb sliced cooking apples in 10 floz white wine, 4 oz butter, 4 oz

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sugar, 2 tsp cinnamon, 6 oz seeded raisins. Mix 4 oz sugar with 4 oz flour and add 4 eggs, 4 floz double cream and blend thoroughly. Place cooled apples in oven-proof dish; pour over the batter, sprinkle with flaked almonds and dust with icing sugar. Bake 30 min. 180°C.

► Pancakes

They can be layered to make a cake or individually rolled.

The batter can be flavoured with zest, spice, or 2 tsp cocoa powder + vanilla essence.

See *Fillings* for fillings

Griddle Cooking

Griddle Cakes

Rub in as per scones using 8 oz flour, 4 oz butter, 3 oz sugar, 3 oz dried fruit, salt, 3-4 tsp baking powder, ½ tsp spice, 1 egg, 3-4 tbsp milk. Roll to ¼". Cook in greased pan 3 min/side, lowering heat at the start.

Soda Farls

Use same proportions as yeast bread but substitute butter milk and soda for liquid and yeast. 2 oz sultanas optional. Add more liquid if necessary. Knead until cracks disappear. Form a round.

Bake on a sheet with a deep cross as bread (cover at end to avoid browning),

or

Flatten to 1" and cut into 4. Dust frying pan with flour. When brown put in bread and cook 10-15 min. until crust forms. Repeat time on other side. Cool on rack. Eat fresh or toast next day.

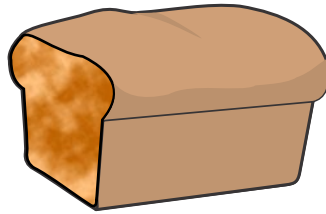
Potato Cakes

Make mashed potato from 8 oz potato, 1-2 oz butter and seasoning.

Incorporate 2 oz plain flour. Roll thin, cut and cook on greased griddle until brown both sides or form ½" thick cakes and cook more slowly.

See also drop scones above

18. Cooking with yeast



Bread

BASIC BREAD METHOD

Mix dry ingredients with micronised yeast. [Or add reconstituted dried yeast with liquids.] Add liquids all at once after warming to desired temperature - better to over-estimate liquid than under, typically one volume of water for three volumes of flour. Don't stir; draw up flour from the bottom of the basin with one outstretched hand - add more flour if needed. Knead for 2 min. in processor or 10 min. by hand. Kneading is the biggest single factor in producing texture and rise and should be continued until the dough becomes smooth, resilient and no longer sticky. Place ball (oiled to prevent skinning) in a bowl, mark the height on the bowl with a marker, cover with poly bag and leave to double in size. The time required is inversely proportional to the ambient temperature. Typically one hour warm or 12 hours in fridge, slow rising makes better bread. Knock back, roll twice and form into desired shape, place in baking container, brush with oil allow to rise a second time (prove) in a poly bag. Test with finger for springiness. Brush/ decorate top before baking. Salt gives crisp crust, flour gives soft crust. Bake hot except where sugar or fruit might burn. When done the loaf should be brown and slightly shrunk from the side of the tin; a tap on the base sounds hollow. For a crisper loaf, longer at a lower temperature.

Different Crusts:

- ▶ Brush with oil and dust with any flour for soft top.
- ▶ Brush with very salt water for a crisp top.
- ▶ Use beaten egg (to glaze) and poppy seeds on rich loaves.
- ▶ Brush with egg white or water and coat with sesame, poppy, sunflower, oatmeal, whole grains etc. for interesting rolls.

* Substitute 1 tsp soda & cold buttermilk for soda bread

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Additional/alternative ingredients:

Honey, black treacle, malt extract, beer, a small amount of other flours, semolina, potato, bran, dried fruit, nuts, syrup or sugar, minced whole orange, banana, grated cheese, tomato purée, chopped fried onion, olives, spices. Sugar or dried fruit require lower oven temperatures, and are often added after rising.

Shapes:

Tin loaf, cob, individual or pull-apart rolls, sticks, knots, plaits [roll into two sausages, place diagonally across the board; lift opposite ends up and over to swap places; repeat with alternate diagonals; secure ends], pizza base, windmills, crescents, pinwheels, triangles.

For one loaf, 2 pizze, 9-12 rolls (or 9 brioche) use:

Ingredients		Whole Wheat	Plain White	Rich White	Brioche
whole wheat flour	DRY MIX	12 oz or 6 oz			
strong white		or 6 oz	12 oz	12 oz	10 oz
salt		1 tsp	1 tsp	1 tsp	1 tsp
mvdo sugar		1 tsp	1 tsp	1 tsp	2 tsp
butter/oil		¾ oz/tbsp	¾ oz/tbsp	1½ oz/4tbsp	4 oz
sachet yeast		1	1*	1	1
water	WET MIX	7.5 floz	3*		
milk			4.5*	7	2 tbsp
eggs				1	3

- ▶ Add liquid at 43°C, 110°F (tip: add 1 part boiling water & 1½ parts cold liquid to avoid using thermometer) but use cold liquid for brioche.
- ▶ Optionally add 12.5 mg Vitamin C to dry mix
- ▶ Make enriched dough into a plait or rolls, brush with egg and sprinkle with poppy seeds.
- ▶ Place Brioche rolls in a deep bun tin & brush with egg.
- ▶ Bake 30-40 min. for a loaf, 15-20 min. for rolls, bake 220°C for plain dough, 190°C for enriched/Brioche.
- ▶ Bake a cob under an earthenware bowl for the last 30 min

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For Fast Bread:

Whole wheat bread - omit first rise. Prove in tin.

White bread - Increase liquid by 50%. Mix in bowl with wooden spoon for 4 min. and prove in oiled tin. Bake at 10° lower temperature for 40 - 50 min. or until done.

Fast bread has a crumblier texture and stales faster.

How to knead:

Stand 1 ft from work surface. Use whole body, with a rocking motion. Push out the centre well with the heel of the hand, gather in, turn a ¼ and repeat. If the dough sticks too much, sprinkle a little flour on surface.

Defects

- ▲ Large air bubbles - dough not knocked back
- ▲ Too crumbly or top flat - not kneaded enough
- ▲ Close texture - not enough yeast or not risen enough before baking
- ▲ Becomes dry quickly - insufficient rising, not enough liquid used
- ▲ Becomes stale quickly - rising too fast, insufficient fat, old flour
- ▲ Tastes yeasty - rising too quick

Salt, spice, slow the rise.

Gluten strengtheners: salt, acids (lemon juice, ascorbic acid, sour milk, tomato), handling

Gluten weakeners: fats, sugar, yeast, wheat germ, bran

Miscellaneous Breads

Garlic & Herb Bread

Pound or chop 2 cloves garlic with 1-2 tsp finely ground herbs and 1 tbsp oil. Add to 1 quantity of risen dough. Finish as normal.

Fruit Bread

Soak between 4 and 6 oz dried fruit chopped fine in hot milk for 1 hour. Pour off and reserve. Make enriched dough in the normal way

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using the milk adjusted to 7 floz and using butter, 1 tbsp sugar and 1 tsp nutmeg and ½ tsp cinnamon. Knead well. If using white flour, rise and knock back. Work the fruit well in and prove directly in the tin. Bake at 200° 30 min, covering with greased paper at the end to prevent burning if necessary. Glaze with a sugar and milk glaze.

Options:

- ▶ add also 2 oz chopped nuts or seeds,
- ▶ add orange pulp and zest
- ▶ use more butter less milk.

Currants need not be chopped. Apricots give a tart loaf, figs a mellow one.

■ **Italian Breads** - Use white or brown flour. Knead & rise first without oil. Bake on sheets dusted with cornmeal.

Focaccia and Ciabatta - Ciabatta may include milk. Knock back, fold & knead in 3 tbsp olive oil (and any stuffing ingredients - sliced olives, herbs, sun-dried tomatoes). Form into “slippers” for Ciabatta & brush with salt water for a flat, crispy crust. Roll into a round 9-10 inches in diameter for Focaccia, brushing with 1 tbsp olive oil. Prove & bake 20 and 30 min. 200°C respectively. Focaccia may be first topped with thinly sliced softened onion slices & black pepper.

Pizza, Calzoni and Panzerotti - Make the dough a little slacker but don't add oil. Rise, knock back, roll out to 80# per 6 oz flour & prove covered. Add filling (section 3), tomato sauce first. Drizzle 2 tbsp olive oil over before baking at 230°C for 15-20 min. Calzoni are smaller turnovers brushed with beaten egg and baked 20-30 minutes. Alt: for quick pizza use scone or leftover dough - this can be thicker. [Stuffed Olive & Garlic Bread - bake 6 cloves garlic & 3 tbsp olive oil, covered, 20 min. 180°C. Crush garlic with herbs (rosemary?) and insert paste into risen olive focaccia dough, 15 min. into prove, making 10 indentations. Brush with garlic oil, bake 180°C 45 min.]

Crostini - brush thin slices bread with olive oil & bake on tray 190NC 10 min/side or until golden and crisp, or fry both sides & drain well.

Use as croutons, or spread with pate, fruit, grilled cheese etc.

Bruschetta - toast thick uneven slices. While hot, rub with a cut side of

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garlic & drizzle with olive oil. Top with almost anything appetising and serve immediately as a starter or lunch. See section 3 for ideas.

■ **Naan** - use enriched dough with 5 floz milk & 2 floz yoghurt, + 1 tsp baking powder. Form 4 teardrops on trays. Prove, sprinkle with water & seeds & grill hot, 2.5 min/side

■ **Pitta** - use plain dough. Roll out to ¼", dust with flour & rise. Bake 230° 15 min. on preheated trays. Sprinkle with water. [Roll in 1-2 oz butter for filled pyramids & turnovers, brush with egg & water & bake 20 min. 180°.]

Yeasted Batters

Crumpets

Make a batter from 8oz strong flour, 1 tsp salt, 1 tsp sugar, 1 sachet micronised yeast with 1tbsp oil/butter, 10 floz milk and 2 floz water at 110°C. Cover and leave to rise 1h in a warm place. Heat a well oiled heavy frying pan and oiled individual 3-4" flan rings. Pour 1 tbsp batter into each ring; after about 4 min. bubbles will appear and burst at the surface. Remove ring, turn over & cook 1 min. Remove to kitchen paper. Store when cool. Makes 18 at 3" dia.

Ingredients

	Bath Buns	Yeasted Pastry	Crumpets	Stollen
flour	6 oz	6 oz	8 oz	12 oz
salt	½ tsp	½ tsp	1 tsp	¼ tsp
sugar	½ oz	½ tsp	½ tsp	2 oz
butter	3-4 oz	3 oz	½ oz	2 oz
yeast	½ to 1 sachet			
water		2½ floz	2 floz	
milk	3½ floz		10 floz	5 floz
eggs		1		1-2

Tip: Soak hardened dried fruit in the warm liquid for 1 hour before use. Pick off surface fruit before baking.

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Yeasted Pancakes

Use pancake recipe with 1 sachet yeast but rise once before adding whites. Rise again before cooking as drop scones. Batter keeps overnight in fridge.

Rolls, Buns & Cakes

Filled Rolls

Use enriched for sweet, plain for savoury. For open or closed shapes - see over. Pre-cook fillings (Section 3). Allow 5-10 min. longer to bake according to size. Glaze.

English Muffins

Use plain or enriched dough. Knock back & roll out to ½" and cut into rounds. Sultanas optional. Prove & cook in a hot, heavy, greased pan 7 min/side. Lower heat immediately, take care to avoid burning.

Hot Cross Buns

Use enriched white dough. Add 1.5 oz sugar, 2 oz currants, 1 oz sultanas, 1 oz chopped peel and ½ tsp mixed spice. Rise, make 12 buns and prove. Pipe crosses with a batter made from 50/50 vol flour & water mixed with a little oil, sugar and micronised yeast after proving and allow to stand 10 min. before baking 25 min. 200°C. Glaze before cooling on rack.

Tea Cakes

Use enriched white dough and add 1 oz sugar, 2 oz currants and a little mixed spice. Replace some of the milk with water if preferred. Divide into 4. Bake 200°C 30 min. Glaze hot with sugar in water. Cut and toast

Bath Buns

Knead enough to bind. Rise once as buns (1½h) or in bowl, scoop out buns, smooth tops and rest 15 min. Glaze hot, 2 sugar to 1 milk.

Nutty Chelseas

Use enriched white dough. Filling: ► oil, ► 2 oz brown sugar, ► 2 oz butter, 3 oz brown sugar & 3 oz chopped nuts creamed together. Knock back & roll dough on oiled surface to a strip 12"x8". Brush with oil, sprinkle with sugar and some creamed nut mixture. Put the rest into 12"x8" tin. Roll up tightly from the longest side, cut into 10. Spread end-up in tin. Rise in poly bag until the buns touch and look puffy.

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Spray with warm water and bake 200°C 15 min. Turn out upside down on rack.

Variations: add crystallised ginger, some syrup instead of sugar, spice and/or dried fruit instead of nuts.

Lardy Cake

Roll out 12 oz bread dough & spread 2/3 with 1/3 of mix of 4oz lard, 4oz dried fruit, 2oz mixed peel, 5oz sugar. Repeat twice, to fit tin, prove & bake at 200°C 45 min. Rest 10 min.

Yeasted Tart Pastry

Mix to dough and rise (do not over knead). Coat in flour and press into 9" tin. Press again in 30 min. to 1" above rim. Refrigerate & bake as short crust.

Option: add zest 1 lemon.

Stollen

Add 6-7 oz dried fruit, zest ½ lemon & 1 oz nuts. Roll out risen dough and roll around 6 oz marzipan. After baking 190° 35-40 min. brush with minute amount of butter and dredge with icing sugar when cold.

Yeast Pastries

Use enriched white dough. For Danish pastries add cardamom & 2 oz extra sugar. Chill 1 hour then treat as though making puff pastry using 6 oz of butter, cut fine or beaten flat, folding in 3, rolling out, covering and chilling 10 min, all 3 times. Simpler techniques using less fat can be used with different results.

Cut, shape and add filling. Prove in the warm for 30 min. Glaze with beaten egg and bake 220°C for 15 min. When cool, optionally coat with sugar/water glaze.

► Apple - 2 eating apples chopped; 1 tsp lemon juice, 4 tbsp jam.

► Almond - cream 1 tbsp butter & 3 oz castor sugar; add 3 oz ground almonds, 3 drops almond essence, ½ beaten egg.

► Cinnamon - cream 2 oz each of butter & castor sugar, add 2 tsp cinnamon, 2 tbsp sultanas or chopped nuts.

Croissants require no filling or final glaze.

Savarins & Babas

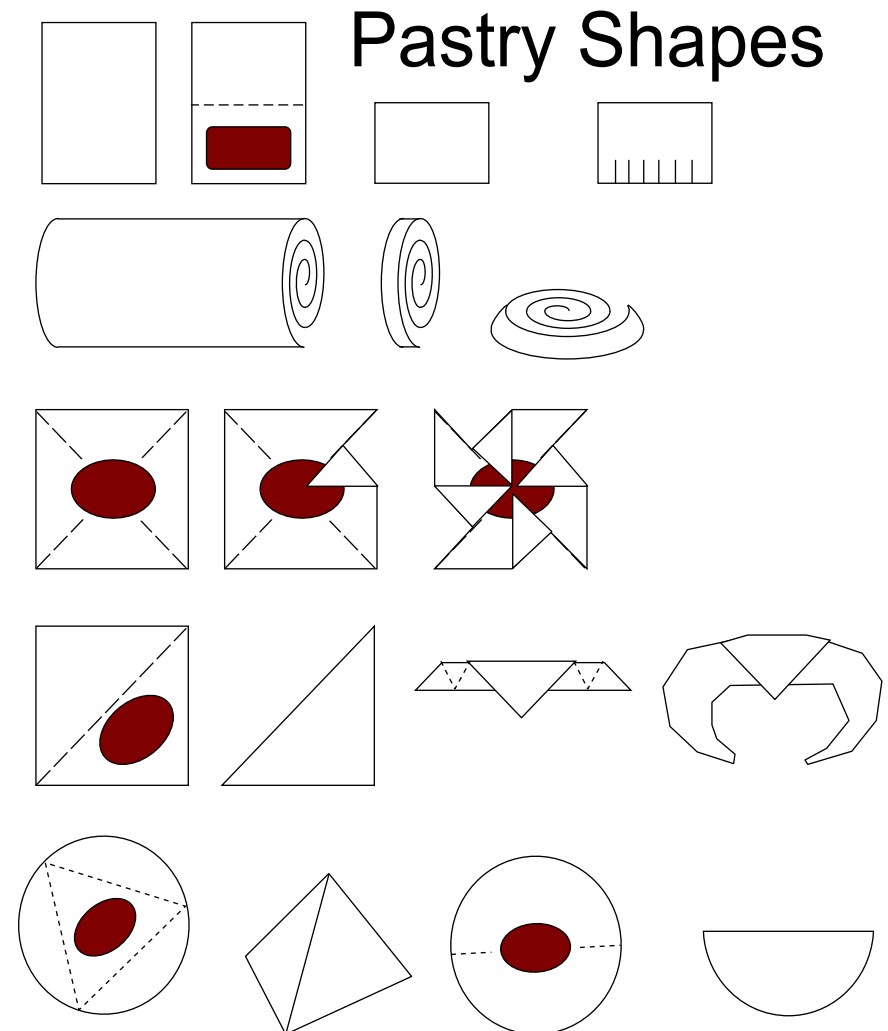
Use a brioche dough but add butter, melted & tepid, after first rise. Beat

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for at least 5 minutes and pour into rings for savarin or add sultanas and share between plain tins for babas.

Syrup: 8 oz sugar + 5 floz water, reduced until syrupy. Add 8-10 tbsp rum or other spirit and pour over.

Pastry Shapes



19. Picnics & Dinner Parties



For picnics one need look no further than Toad of Toad Hall, and other childhood stories. We still hanker after reliving these occasions, however impractical. There is much to be said for fresh linen and crisp white wine out of stemmed glasses...

In fact the essence of both is style. Paula gets it just right, sitting us around her solid kitchen table, relaxed informality, comfort food, high quality yet relatively simple courses of fresh and interesting ingredients, cooked exactly right.

Other guests might expect a degree of formality, dressing up, the fireworks of the cuisine.

Yet others might have no interest in the food, or be extremely picky.

Dinner Parties

The main rules always the same:

- ☀ Never cook something you haven't done before or anything too complicated.
- ☀ Ask & record anything your guests don't eat
- ☀ Do as much advanced preparation as possible, starting the day before the day before if possible.
- ☀ Don't have too many things that have to be done at the same time, or that keep you away from the guests too long.
- ☀ Keep lists of guests' dislikes, if necessary offer choices for difficult courses.
- ☀ Don't offer lots of pre-prandial nibbles - your guests are here to share the meal.
- ☀ Prepare your menu before you go shopping, but be flexible in case you cannot find the right quality ingredients.
- ☀ Prepare complete timetable for preparation, calculated backwards from the meal start. Include a relaxation half hour before guests arrive which can double as a contingency
- ☀ If you have a partner, you can afford to do a little cooking while

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everyone else is drinking, but if you are on your own prepare salads, casseroles or anything else that can be heated up in the oven or micro-wave.

- ☀ never start anything with critical timing until all guests have arrived. Don't plan anything critical if guests are bad time keepers.

Some of the old favourites, like shepherd's pie and steamed sponge pudding, if done well, perhaps with a slight twist, will go down well at a dinner party. This makes life much easier. The following lists courses which have proved successful

Starters

butternut squash soup w/ corn bread
sweet potato and sweet pepper soup, courgette soup
roasted vegetables with fresh bread
saute fennel w/ lemon deglaze
spinach moulds w/ tomato sauce
aubergine Imam Bayildi
grilled mushrooms w/ topping
globe artichokes w/ vinaigrette and melted butter
chicory and artichoke heart salad
stuffed peppers (rice, bacon & tomato filling)

Main Courses

Salmon baked in foil w/ potatoes and green veg.
Curried shepherds pie and salad
Three good salads
Cod and prawn pie with broccoli
Vegetable lasagne and salad
Cassoulet (duck, with vegetable starter)
Cheesy mashed potato w/ asparagus & hollandaise
Two kinds of baked sausage w/ celeriac & potato mash & gravy
Rice & jumbo prawn pilau w/ avocados & tomatoes
Polpetta a la Romana, mashed potato & green beans
Lamb, carrot & potato casserole, rosemary dumplings

Picnics & Dinner Parties 19.3

Baked pork chops, fondant potatoes & roast peppers
Saute chicken strips, red pepper sauce, rice & greens
Summer vegetable pudding with rice
Beef or pork en daube w/ broccoli
Dark nut roast w/ braised red cabbage
Broccoli, pecan & mushroom crumble & cinnamon carrots
Mediterranean tart & 2 salads
Warm Quiche & celeriac remoulade w/ green beans

Dessert

Fresh fruit salad with fruit coulis
Hot spiced fruit salad
Frangipane tart with coulis and creme fraiche
Fruit crumble with ground almonds
Fruit and almond sponge pudding
Fruit cobbler (plum or rhubarb)
Trifle
Walnut cheese cake with maple syrup
Two chocolate confections
Bread & butter pudding
Lemon tart or lemon curd & Greek yoghurt pots

Picnics & Dinner Parties 19.4

Picnic Ideas

The best picnics in Britain are impromptu, because of the weather. Because of having to lug the meal with you, portability is also important. Any cold food which meets those criteria can be considered. Consider first the left overs in your fridge. Ingredients could include:

- Sandwiches and filled rolls of all kinds
- Left over sausages, meat balls, nut balls, chicken
- Meat loaf, nut loaf with sauce or pickle
- Quiche or pork pie portions
- Dips or mousses with savoury biscuits
- Fresh olive, tomato or pepper bread
- All salads (keep dressings separate)
- Stuffed peppers
- Chicken strips in red pepper sauce
- Cold baked or boiled new potatoes
- Cheese
- Cake, cheese cake, fruit
- Fruit salad
- Chilled wine and beer

Picnics & Dinner Parties 19.5

Finger Food

For drinks parties

Roasted peppers & tomatoes

Gf

Peppers (cut in convenient segments), cherry tomatoes, pitted olives anchovies garlic olive oil herbs

Cut top off tomatoes. Lay anchovy on pepper; thread one end of pepper, tomato, olive then other end of pepper on a cocktail stick. Tuck in garlic. Drizzle with oil. Baste twice while roasting

180° fan oven, 20 minutes - hot or cold

Devils on horseback

Gf

Thin smoked bacon rashers, ready to eat pitted prunes, relish.

Trim bacon. Roll prune in from the ragged end with a dollop of relish, secure with cocktail stick. Roast on a rack over a shallow tin, turning half-way through. 180° fan over 20 minutes - hot or cold

Smoked salmon on pumpernickel

Sliced pumpernickel, smoked salmon, cream cheese, lemon jce, garnish.

Assemble the pumpernickel on a board. Spread with cream cheese then smoked salmon. Squeeze with lemon and pepper. Cut into bite size pieces. Add garnish

Celery, cream cheese and walnut

V Gf

Celery, cream cheese, walnut halves

Cut celery to fit a walnut half. Fill with cream cheese and add walnut

Artichoke wrapped in salami

Gf

Take pieces of roasted/marinated artichoke, wrap with salami slice and secure with cocktail stick

Goats cheese on blinis

V

Goats cheese (cylindrical), blinis, garnish

Slice the cheese to fit the blinis. Assemble and garnish

Foccacia bread with topping

V

Buy ready-made with appropriate topping and cut into small squares after baking.

Picnics & Dinner Parties 19.6

Stuffed baked mushrooms

Small Portabellini mushrooms, olive oil, topping

Clean mushrooms, remove stalks, rub with oil. Bake empty and allow to cool for a cold stuffing such as king prawns or tuna. Or with filling for a cream cheese and bread crumb, cheese and spinach or Welsh rarebit stuffing and serve hot.

180° fan oven 20 minutes

Figs dusted with walnut sugar

Ve V Gf

Coarsely chop some walnuts and blitz with a little sugar to a medium powder. Cut the figs in four and dip the cut edges in the powder.