

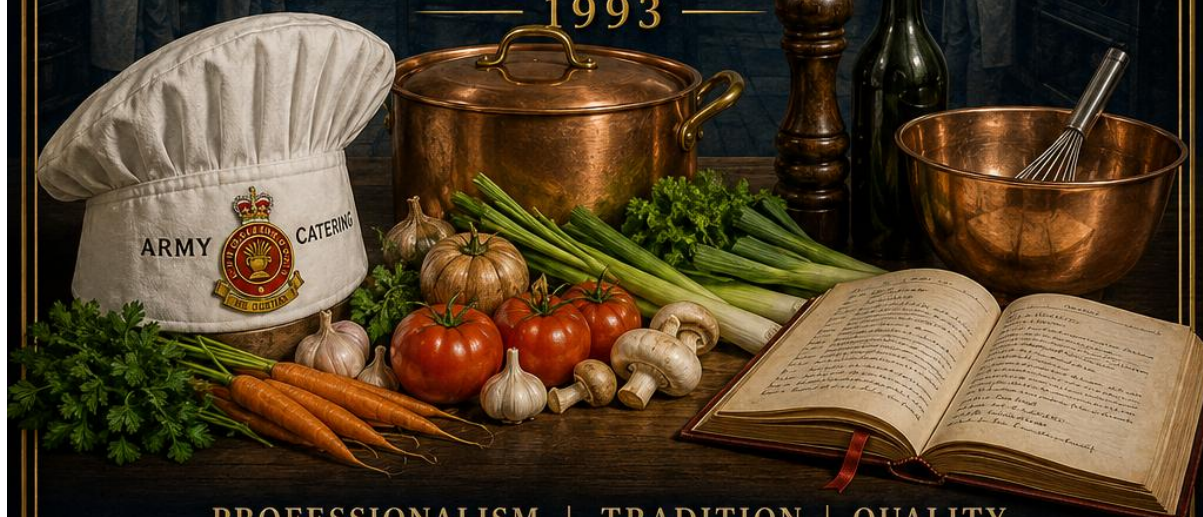
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JSP 404

MANUAL OF CATERING SERVICES

VOLUME TWO
RECIPES
1993



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JSP 404

**MANUAL OF
CATERING SERVICES**

Volume Two

RECIPES

1993

Council

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AMENDMENTS

<i>Amendment No</i>	<i>Section</i>	<i>Date of Insertion</i>	<i>Amendment No</i>	<i>Section</i>	<i>Date of Insertion</i>	<i>Initials</i>

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Introduction

1. The aim of this manual is to provide standard recipes and methods for use in unit catering departments and in training.
2. Propositions for amendments or additions to the text should be made through normal service channels to:

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RT 1 - GENERAL

SECTION A

Culinary Terms

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Au gratin
Au vin blanc
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Bard
Barquette
Basting
Back fat
Beard
Bed of roots
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Beurre manie
Bind
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Blanquette
Bombe
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Brunoise
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Chine
Clarify
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Macerate
Mask
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Navarin

Pane
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Piquant
Poultry
Profiteroles
Prove
Puree
Quenelle
Quorn
Ramekins
Reconstitute
Reduce
Refresh
Render
Roux
Sabayon
Saute
Score
Seal
Season
Shred
Simmer
Singe
Skim
Souffle
Troncon
Truss
Turn
Zest

Accompaniments

Items offered separately with a dish of food.

Acidulate

To make a liquid acidic by the addition of lemon juice or vinegar.

Agar-agar

A substitute for gelatine derived from seaweed. Mostly used in vegetarian dishes.

Al dente

An Italian term which describes the consistency of pasta when cooked correctly. Literally, it means “to the tooth” i.e. the pasta should be slightly firm to the bite.

Anglaise

Usually means plain style. When applied to fish it means flour, egg washed, breadcrumbed and deep fried. In the case of vegetables it generally means boiled.

Aromates

Herbs and spices used for flavouring.

Aspic

A savoury jelly mainly used for decorative larder work.

Au four

Baked in the oven.

Au gratin

Sprinkled with cheese or breadcrumbs and browned.

Au vin blanc

With white wine.

Bain marie

A utensil which is partly filled with water and kept below boiling point. It is used either to keep foods warm or for cooking egg custards.

Bard

To cover the breast of a bird with thin slices of back fat prior to roasting.

Barquette

A boat shaped pastry case.

Basting

Spooning the melted fat over foods being roasted or grilled during the cooking process to prevent the surface becoming dry.

Back Fat

Slices of fat usually cut from the loin. Used as an aid when roasting the drier meats and game to impart additional moisture and flavour.

Beard

The action of removing the beard from shell fish (mussels, oysters).

Bed of Roots

Slices of onion and carrot, browned and used as a bed for a braising joint.

Beef Marrow

Nutritious fatty substances in beef bones.

Beurre Marie

Equal quantities of flour and butter used for thickening sauces.

Bind

To add sauces or egg to a mixture of fish or chicken or meat or other ingredients to hold them together.

Blanc

A cooking liquor of water, salt and lemon juice, slightly thickened with flour, used for cooking offals and certain vegetables.

Blanch

- To put meat or root vegetables in cold water or green vegetables into boiling hot water, bring to the boil then drain off and plunge into cold water.
- To cook potatoes in fat or oil without taking colour.
- To plunge into boiling hot water in order to remove the skin, eg tomatoes, citrus fruits.

Blanquette

A white stew cooked in a stock from which the sauce is made.

Bombe

An iced cream made in a dome shaped mould.

Bouchees

Small puff pastry cases.

Bouquet Garni

A bunch of herbs; parsley, thyme and bay leaf usually tied inside pieces of leek or celery to facilitate their removal after use. Known also as a faggot.

Brunoise

Small neat dice.

Canape

A small cushion of bread toasted or fried on which are served various savoury foods.

Cartouche

A round greaseproof paper cut to the size of a pan which helps to prevent a skin forming on the surface of the contents. A small hole is cut into the middle to allow heat to escape. This is particularly important when the sauce needs to be rapidly cooled.

Chantilly

Sweetened whipped vanilla flavoured cream.

Chemise

To line a mould usually with a savoury jelly or fruit ice cream.

Chiffonade

Term denoting coarsely shredded lettuce, spinach or other salad vegetables.

Chine

To remove the spine bone from the meat around it; normally associated with the best end of lamb.

Clarify

To clear stocks, soups, cooking fat etc.

Cocotte

A small earthenware dish for cooking and serving one portion.

Compote

A term usually applied to fresh or dry fruit cooked in light syrup.

Concasse

A term used to describe food that is roughly chopped. Usually applied to tomatoes which have been skinned, the seeds have been removed and the flesh cut into dice.

Condiments

Items such as salt, pepper, mustard, vinegar and all spices.

Cordon

A thread or thin line of sauce.

Coupe

A combination of ice cream or different ices, fruit, liqueur, cream, whipped cream or other ingredients served in a glass or silver cup or goblet to which the term coupe also applies.

Court Bouillon

A well flavoured cooking liquor containing carrots, onions, vinegar or wine, bouquet garni and peppercorns. Used mainly for cooking fish.

Creaming

To beat butter, margarine or other fats with sugar to the consistency of whipped cream.

Croquettes

Cooked foods moulded into a cylinder shape, coated in egg and breadcrumbs and deep fried.

Croute

A cushion of fried or toasted bread on which are served various hot foods eg savouries, game stuffing etc. Also a pastry crust.

Darne

A cut of round fish across the bone.

Deglacer

To swill out the pan (in which food has been fried) with wine, stock or water in order to use the sediment in a sauce or gravy.

Devilled

The addition to a dish usually fish or meat of very hot condiments and sometimes a highly seasoned spiced sauce.

Dress

To pare, scale, clean and trim. To present a dish attractively.

Duxelles

Finely chopped mushrooms cooked with chopped shallots.

Escalope

A thin slice of meat or fish.

Fillet

The undercut from a joint of beef, lamb, veal or pork. Boned breast of poultry or game birds and a slice of boned fat.

Flambe

Food covered with a spirit and set alight.

Flan

An open tart.

Fleur-de-lis

A small crescent of puff pastry used as a garnish for fish and vegetable dishes.

Game

Wild birds and animals which are hunted for food. Game eats food not available to domesticated animals which gives it a distinctive flavour.

Garnish

To decorate a dish for the table.

Glaze

- a. To colour a sauce or sugar coated dish under a grill or in an oven.
- b. To coat with jelly or mask with melted butter.

Lard

To insert small strips of fat or bacon with the aid of a larding needle through or in a piece of lean meat, game or poultry.

Liaison

A combination of yolks of egg and cream used as a thickening agent.

Macerate

To sprinkle fruits with wine or liqueur and leave for a period of time in order to impart a flavour.

Mask

To cover or coat an item with sauce.

Medallion

Foodstuffs prepared in round flat medallion shapes.

Mousse

A dish of light consistency which may be sweet or savoury, served hot or cold.

Navarin

Brown lamb stew.

Pane

Pass through seasoned flour, beaten egg and white breadcrumbs.

Pass

To push through a sieve or strainer.

Pates

Savoury mixtures made principally from either chicken, calves or pigs liver with the addition of other meat, poultry or game. They can be smooth or coarse in texture.

Pipe

To use a piping bag or paper cornet for ornamental decoration of food.

Piquant

A sharp spicy flavour.

Poultry

Domestic fowls reared for the table. It includes chickens, ducks, geese, pigeons and turkeys. Guinea fowl which used to be classed as game is now raised on farms and is classed as poultry.

Profiteroles

Small balls of choux pastry for garnishing soups or as a sweet course with cream and chocolate.

Prove

To put a yeast dough to rest in a warm place allowing it to rise and expand.

Puree

A smooth mixture obtained by passing food through a sieve.

Quenelle

Poultry, fish, game or meat pounded, sieved and shaped then usually poached.

Quorn

A vegetarian meat substitute developed from fungus.

Ramekins

Small porcelain or earthenware moulds.

Reconstitute

The replacing of the moisture content in dehydrated foods.

Reduce

To concentrate a liquid by boiling.

Refresh

To plunge hot food into cold water to prevent further cooking and retain flavour.

Render

Heating raw fats to extract the dripping.

Roux

A thickening of cooked flour and fat.

Sabayon

Yolks of eggs and a little water cooked till creamy. Can also be used as a sweet sauce.

Saute

To cook quickly in a shallow pan with a little fat. Literally the action of tossing the food in hot fat.

Incisions made through meat or fish and some vegetables to assist the cooking process.

Seal

To close the pores of meat or vegetables by the application of intense heat.

Season

To add condiments to food to enhance its flavour.

Shred

To cut into thin strips eg lettuce, sorrel, onion.

Simmer

To keep a liquid just at boiling point. Simmering is a method used for dishes which need long slow cooking.

Singe

To burn off the down of a plucked bird by passing over a flame.

Skim

To remove the scum or fat from the surface of a liquid.

Souffle

A very light dish either sweet or savoury, hot or cold.

Troncon

A cut of flat fish across the bone.

Truss

To tie poultry or game with string to retain its shape while cooking.

Turn

To cut potatoes or vegetables into barrel or olive shapes. To groove or channel mushrooms.

Zest

The outer part of lemon and orange rind which contains the essential oils.

PART 1 - GENERAL

SECTION B

French Culinary Terms

a la carte	le fricassee
anglaise	fume
au bleu	fumet
au gratin	glace
le bain-marie	hors d'oeuvre
bien cuit	jardiniere
la blanquette	julienne
la bouchee	le jus lie
le bouchee	le jus roti
le bouillon	la liaison
le bouquet-garni	macedoine
brunoise	la marinade
le canape	les mille-feuilles
chantilly	mignonette
le chateaubriand	la mirepoix
le chaud-froid	mis-en-place
Cloute	navarin
la cocotte	la noisette
la compote	noix
concasse	l'oeuf sur le plate
le consomme	papillote
le contrefilet	la pate
le court-bouillon	la paupiette
crapandine	paysanne
la dariole	printaniere
degorgier	rechauffer
demi-glace	le roux
emincer	le sabyon
l'entrecote	saute
en branche	le souffle
l'escalope(f)	le supreme
espagnole	table d'hote
etuver	le troncon
farce	le veloute
farcir	le vol-au-vent
le foie gras	

a la carte

Dishes on a menu prepared to order and individually priced.

anglaise

Beaten egg with oil and seasoning.

au bleu

“Blue”. When applied to meat it means very underdone. When applied to trout it is a specific dish - truite au bleu.

au gratin

Sprinkled with breadcrumbs and/or cheese and browned.

le bain-marie

- A container for keeping foods hot without burning.
- A shallow pan of water for cooking foods in the oven without them burning or boiling.
- A deep narrow container for storing hot soup, sauces and gravies.

Bien Cuit. Well cooked.

la blanquette

A white stew cooked in stock from which the sauce is made eg Blanquette de veau.

la bouchée

Small puff pastry case.

le bouillon

Unclarified stock.

le bouquet-garni

A faggot or bundle of herbs, usually parsley stalks, thyme and bay leaf, tied inside pieces of celery and leek.

brunoise

Small neat dice.

le canape

A cushion of toasted or fried bread on which food is served. It is used as a base for savouries. When served cold as canape Muscovite the base may be toast, biscuits, short paste or puff paste pieces with savoury food on top and glazed with aspic.

Chantilly

Sweetened whipped vanilla flavoured cream.

le chateaubriand

The head of the fillet of beef.

le chaud-froid

A creamed veloute or demi-glace with gelatine or aspic added, used for masking cold dishes.

Cloute

Studded, as with a clove inserted in an onion.

la cocotte

Porcelain fireproof dish.

la compote

Stewed fruit eg compote de poires.

concasse

Coarsely chopped, eg parsley and tomatoes.

le consommé

Basic clear soup.

le contrefilet

Boned sirloin of beef

le court-bouillon

A cooking liquor for certain foods eg oily fish, calf's brain, etc. It is water containing vinegar, sliced onion, carrots, herbs and seasoning.

Crapandine

Birds split down the back and laid out flat for cooking.

la dariole

Mould shaped like a small flower pot.

degorger

Using salt to draw out the moisture from food. Also to draw out bitter juices as in the case of aubergines.

demi-glace

Half glazed - reduced espagnole. Equal quantities of brown stock and brown sauce reduced by half.

emincer

To slice thinly or to cut into small pieces.

l'entrecôte(f)

A steak from a boned sirloin.

en branche

Vegetables cooked and served as whole leaves.

l'escalope (f)

Thin slices of meat

espagnole

Spanish sauce; brown sauce.

etuver

To stew, braise or steam in its own juice.

farce

Stuffing.

farci

Stuffed.

le foie gras

Fat goose liver.

le fricassee

A white stew in which the poultry or meat is cooked in the sauce.

fume

To smoke eg salmon, ham, etc.

fumet

Concentrated stock from fish, game or meat.

glace

Iced.

hors d'oeuvre

Preliminary dishes of an appetising nature, some kinds are served hot.

jardiniere

Cut into batons.

julienne

Cut into fine strips.

le jus lie

Gravy thickened with arrowroot or cornflour or fecule.

le jus roti

Roast gravy.

la liaison

Name given to yolks of egg and cream when used as a thickening.

macedoine

A mixture of vegetables cut into 5mm dice, or a mixture of fruit.

le marinade

A richly spiced pickling liquid for enriching the flavour and tenderness of meats before braising.

les mille-feuilles

“Thousand leaves”, a puff pastry cream slice.

mignonette

Coarse ground pepper.

la mirepoix

Roughly cut onions, carrots, celery and a sprig of thyme and bay leaf used for flavouring soups and sauces.

mis-en-place

Basic preparations prior to serving.

navarin

Brown lamb or mutton stew.

la noisette

- a. A small round cut of meat, usually lamb or mutton.
- b. Shaped or coloured like a nut, eg noisette potatoes, noisette butter.

noix

Nut, also the cushion piece of leg of veal.

l'oeuf sur le plat

Egg cooked in an egg dish.

papillote

Cooked in a paper bag or buttered paper to preserve moisture and flavour.

la pate

A dough, paste or butter.

le pate

A pie or pastry; also a savoury meat or fish paste cooked in a piece dish.

la paupiette

A strip of fish, meat or poultry rolled round a stuffing and usually poached in a stock.

paysanne

“Country style”. Usually vegetables cut into thin 15mm round or square shapes.

printaniere

“Springtime”. Generally a garnish of spring vegetables.

rechauffer

To reheat leftover cooked foods.

le roux

Flour and fat cooked together for thickening.

le sabayon

Yolks of egg and a little water cooked until creamy.

saute

To cook quickly in a shallow pan with the minimum of fat.

le soufflé

A light aerated dish, sweet or savoury hot or cold. Whites of egg are added to the hot basic preparation and whipped cream to the cold.

le supreme

Most delicate fillet cut, especially of chicken and fish.

table d'hôte

A meal of several courses, which may have a limited choice served at a fixed price.

le tronçon

A steak of large flat fish cut with the bone, after the fish has been cut in half lengthways.

le veloute

- a. Basic sauce.
- b. The basis of a soup of creamy consistency.

le vol-au-vent

A puff pastry case.

PART 1 - GENERAL

SECTION C

Metric Equivalents

Oven temperatures
Weight
Energy

Volume
Length

SECTION C

<i>Oven Temperature</i>			
	⁰ F	⁰ C	Gas
Slow (Cool)	225	110	¼
	250	130	½
	275	140	1
	300	150	2
	325	160	3
Moderate	350	180	4
	375	190	5
	400	200	6
Hot	425	220	7
	450	230	8
Very Hot	500	250	9

<i>Weight</i>	
1000 milligrams (mg)	1 gram (g)
1000 grams	1 kilogram
28.35 grams	1 ounce (oz)
1 kilogram	2.2045 pounds 9lb

Note: For normal calculations the following are used:

30 grams = 1 ounce
1 kilogram = 2.2 lbs

<i>Ounces</i>	<i>Grammes</i>
1	30
2	60
3	90
4 or ¼lb	120
5	150
6	180
7	210
8 or ½ lb	240
9	270
10	300
11	330
12 or ¾ lb	360
13	390
14	420
15	450
16 or 1 lb	480

<i>Inches</i>	Millimetres Centimetres
□	3mm
¼	6mm
½	13mm
1	25mm
1¼	30mm
1½	40mm
2	5cm or 50mm
4	10cm or 100mm

Energy value of food is measured in joules or kilocalories (usually written as Calorie). Terms used are:

<i>Kilocalorie</i>	Kcal
Joule	J
Kilojoule	kJ
Megajoule	Mj
1000 j	= 1 kg
1000 kJ	= 1 MJ
1 kcal (calorie)	= 4.19 kJ
1 MJ	= 239 kcal (calories)

For normal calculations:

1 g protein yields 4 calories
1 g carbohydrate yields 4 calories
1 g fat yields 9 calories

<i>Volume</i>	
1000 ml	1 litre
28.4 millilitres	1 fluid ounce (fl oz)
568 millilitres	1 pint (pt)
1 litre	1.76 pints

For normal calculations the following are used:

30 millilitres = 1 fluid ounce
1 litre = 1¾ pints

<i>Fluid ozs</i>	<i>Millilitres</i>
1	30
2	60
3	90
4	120
5 or ¼ pint	150
6	180
7	210
8	240
9	270
10 or ½ pint	300
16	330
17	360
18	390
19	420
20 or 1 pint	450
1¾ pints	480
1 gallon	510
	540
	570
	600
	1 litre
	4½ litres

PART 1 - GENERAL

SECTION D

Herbs and Spices

Angelica	Fenugreek
Allspice	Garlic
Aniseed	Ginger
Balm	Mace
Basil	Marjoram
Bay leaves	Mint
Borage	Mustard
Capers	Nutmeg
Caraway seed	Oregano
Cardamon	Paprika
Cassia	Parsley
Cayenne pepper	Pelargonium
Celery seed	Pepper
Chervil	Poppy seed
Capsicums	Rosemary
Chives	Saffron
Cinnamon	Sage
Cloves	Sesame seed
Coriander	Tarragon
Cumin	Thyme
Dill	Turmeric
Fennel	Vanilla
Fines herbs	

INTRODUCTION

1. Aromatic herbs and spices have been used in cooking from the earliest times and they were used extensively during medieval times when spiced food was popular. The upsurge in vegetarianism in recent years has increased awareness of the benefits herbs and spices can bring to what might otherwise be plain dishes. Although there is little nutritive value in herbs with the exception of parsley, they form an important ingredient in most every menu.

2. Herbs and spices are usually at their best when picked fresh and used immediately but it is nearly always more practical and convenient to use them in the dried state and excellent results can still be achieved. The best time to gather them for drying and storing is just before they begin to flower. They should be picked in dry weather whilst they are still fresh and crisp and before they have been exposed to excessive sunlight. After removal of all discoloured leaves they should be hung up to dry in bunches or in paper bags. The most satisfactory and hygienic method and also the cleanest, is to dry them in a cool oven or in a microwave. With the exception of sage, which is best dried and stored whole, large leaves should be picked from the stalk before drying.

3. Herbs should find a place in every kitchen. They help to bring out the natural taste of food, at the

same time contributing their own subtle flavour and stimulating the appetite. Herbs should be added at the start of the cooking process to ensure the flavour blends into the dish.

4. Herbs and spices constitute additional seasoning and flavouring agents and, as such, it is necessary to guard against excessive use. In this connection it is emphasised that herbs and spices are used in cooking to improve the dishes natural flavours, not to hide them.

If particular herbs and spices need to be removed from the finished product they should be tied up in a small muslin bag before use and are then easily removed before service.

5. Fresh herbs can also make an attractive garnish. Parsley in particular, both chopped and whole, is well suited for this purpose. This particular herb is rich in Vitamin C and should be used frequently.

6. Dried herbs and spices obtained commercially should only be purchased in small quantities as their flavour and aroma deteriorate with lengthy storage. They should only be kept in airtight containers. Flavour from dried herbs is stronger therefore use only a third of the amount if substituting dried for fresh.

Angelica

Known for its green candied stalk which is invaluable with glace cherries as a sweet decoration. A piece of the stalk added with fruit to be stewed reduces the tartness a little.

Allspice

This is so called because of its flavour, a blend of cloves, cinnamon and nutmeg. It is the unripe fruit of the pimento tree. Allspice is ground and used in sauces, pickles, sausages, fruit pies, cakes and milk puddings.

Aniseed

The fruit and seed of the aniseed plant used for pickles and confectionery: sweet, spicy in flavour.

Balm

A sweet smelling herb, formerly used as a medicine for those suffering nervous complaints and depression. It is now used in soups, stews and casseroles.

Basil

An important culinary herb, which has a nutmeg flavour and has a special affinity for tomatoes and all dishes that feature tomatoes, also rich stews, sausages and soups; also used to make basil vinegar.

Bay leaves

The leaves of the bay laurel or sweet bay tree. They may be fresh or dried (when the flavour is more pronounced) and are used in many soups, stews, fish and vegetable dishes, in which case they can be used in a bouquet garni.

Borage

This grows in swampy soil. The young leaves can be used in salad. The herb is mainly used in drinks such as claret cup and Pimms.

Capers

Flower buds of the caper bush dried and stored in vinegar or brine. Used in pickles and sauces they are graded according to size, smallest being the best.

Caraway Seed

Grown mainly in Holland the seeds are about 5mm long, shaped like a moon, brown in colour. They are used in seed cake and certain breads, sauerkraut, cheese and also some liqueurs such as Kummel.

Cardamon

Aromatic seeds from the cardamon plant used to flavour soups, curries, meats and baked goods.

Cassia

Resembles cinnamon in flavour colour and aroma but is coarser and less expensive. May be used instead of cinnamon but is less suitable for puddings.

Cayenne Pepper

Cayenne is a red pepper which is obtained by grinding chillies. It is used on savoury dishes and cheese straws. It is pungent and very hot and should be used sparingly.

Celery Seed

The seed of the celery plant. Used when celery is out of season for flavouring soups, stews, fish sauces and cheese dishes. If used in soup or sauce it should be tied in a piece of muslin. Celery seeds and salt are ground together to make celery salt.

Chervil

Chervil has small neatly shaped leaves with a delicate aromatic flavour. It is used fresh or dry. Because of its attractive shape it is frequently used in decorating cold buffets dishes.

Capsicums

The family name for a number of varieties of pepper. There are two main types: Hot such as chillies and sweet such as those used as a vegetable.

Chives

Chives are cultivated principally for their leaves which grown in thick tufts resembling a coarse grass. They may be cut freely as new leaves quickly replace those taken. In flavour it is milder than onion and is invaluable in flavouring hors d'oeuvre, fish, poultry and meat dishes.

Cinnamon

The dried bark of the cinnamon tree. It may be used whole or finely ground and is used mainly as a spice for flavouring sweets, puddings, cakes and buns.

Cloves

The dried flower buds of the clove tree. Used in flavouring fruit, pickles and many other foods.

Coriander

A plant grown for both the leaves and its seeds. Its leaves are used in oriental cookery and to flavour cold soups and salads. The seeds which are hot and spicy are an essential ingredient in curries.

Cumin

Seeds similar to caraway though with a different flavour which are used in curry powder, seasoning sausages, rice dishes, soups, cheese and canapes.

Dill

The feathery leaves of this European plant are used as a herb and the dried seeds as a spice. Dill leaves have a mild caraway like flavour and need to be used in fairly large quantities. Used in salads and as a garnish for scrambled eggs and white meat dishes. Classically used with salmon in the Scandinavian dish Gravad Lax. The dried seeds are more pungent and are used to flavour vinegar and dill pickles.

Fennel

Traditionally associated with fish this herb has a strong aniseed flavour, it can be used in court bouillon when poaching fish. The tuberous root of Florence Fennel is used as a delicate vegetable.

Fines Herbs

This is a mixture of fresh herbs usually chervil, tarragon and parsley and is referred to in many classical recipes.

Fenugreek

This plant belongs to the pea family. The pods contain brown seeds which are roasted and dried, then ground for use as a spice. Fenugreek is an ingredient in curry powder.

Garlic

A bulbous vegetable similar to a small onion or shallot. It has a very pungent flavour and should be sparingly used for flavouring salads, stews, sauces etc.

Ginger

The root of a plant widely grown in the Far East. It should be boiled in water and sugar syrup until soft. Ground ginger is used for baked goods and the whole root is used in curries, pickles and sauces.

Mace

This is the dried outer of the nutmeg seed. Ground or in blade form it is used to flavour soups, sausages, cakes and puddings.

Marjoram

SECTION C

A sweet herb which may be used fresh in salads, pork, fish, poultry, cheese, egg and vegetable dishes and when dried, can be used for flavouring soups, sauces, stews and certain stuffings.

Mint

Various mints are grown for culinary use but mostly garden or spearmint is used. An aromatic green leaved herb, the leaves of which when chopped and mixed with sugar and vinegar make mint sauce. Used also for flavouring new potatoes, peas, lamb and cold dishes.

Mustard

The seed of the mustard plant, ground to a fine powder after most of the oil has been extracted. It is used in mayonnaise, devilled dishes and welsh rarebit.

Nutmeg

The nutmeg tree which grows in tropical countries bears a large fruit similar to an apricot which when ripe splits. Inside the nut is the seed which is the nutmeg. Its main uses are in baking and pastry work. It can also be used in pastas, egg and cheese dishes. It is grated and used sparingly.

Oregano

Is similar in flavour to marjoram but stronger. Used in Italian and Greek style cooking such as salads, soups, stuffings, pasta sauces, vegetables and egg dishes.

Paprika

A red powder prepared from a variety of sweet red capsicum. An essential ingredient of goulash and also used in pizzas and in pasta and chicken dishes.

Parsley

Probably the most commonly used herb. Used in fresh and dried form as a garnish. It can be added to almost every salad or deep fried in sprigs as a garnish. Fresh parsley combined with lemon juice makes an interesting sorbet. Other uses are dressings, soups, casseroles, fish, cheese, potatoes etc.

Pelargonium

A plant with snowy flavours and fragrant leaves which adds an unusual sweet flavour to milk puddings.

Pepper

Dried berries from the shrub of the pepper plant which grows in tropical climates. The black peppercorn being unripe and the white fully ripe. They are used whole as a flavouring agent or when ground for seasoning.

Poppy Seed

Small seeds of the poppy plant. Blue-black in colour. Mainly used for garnishing bread and rolls but can be used in pastries, dips, salad dressings and curries.

Rosemary

Rosemary is a strongly flavoured herb and should be used in moderation. It may be used fresh or dried in sauces, roasts, stews and fish dishes.

Saffron

Grown mainly in Spain they are the dried strands from the saffron crocus. This is a flavouring and colouring spice used in rice dishes and giving a yellow colour. It is very expensive.

Sage

Common sage has pale green leaves. It has a strong slightly bitter taste. It aids the digestion when eaten with fatty foods. Mainly used as a stuffing for pork, duck and goose.

Sesame Seed

Rich, sweet nut-like flavour. Closely resembles the flavour of toasted almonds, mainly used to decorate yeast products.

Tarragon

A bright green attractive leaf used fresh to flavour bearnaise sauce and vinegar. Coloured for decorative purposes in cold fish and chicken dishes.

Thyme

The root of a plant of the ginger family similar in appearance to fresh ginger but bright orange when peeled.

Vanilla

Long black pods derived from the climbing orchids. Infuse a pod in milk or cream when making custard or sweet sauces. Vanilla essence is extracted from the vanilla pod and is used for flavouring sweet dishes.

PART 1 - GENERAL

SECTION E

Basic Methods of Cooking

1. Boiling	5. Grilling
2. Stewing and Simmering	6. Roasting
3. Braising	7. Baking
4. Steaming	8. Frying

INTRODUCTION

1. Cookery is the science of preparing food to ensure that it will appeal to the eye, be palatable, and be easily digested and that it will retain a maximum of its nutritive benefit.

2. Cooking is the application of heat in order to:

- a. Destroy bacteria or other micro-organisms and any parasites that may be present in raw food.
- b. Soften the muscular fibres in meat.
- c. Break down the starch grains in vegetables.
- d. Generally make food easier to digest.

METHODS OF COOKING

3. Foods are cooked by two basic methods:

a. **MOIST HEAT.** Moist heat is the application of heat with the addition of water, milk, stock, etc. This method is generally used for the less tender cuts of meat, fruits and vegetables, and specifically for those items that require a softening process. There are four types of cooking with moist heat.

i. Boiling is cooking in water or another liquid at a temperature of 100°C.

ii. Simmering or stewing is cooking in water or another liquid at a temperature within a few degrees of boiling point.

iii. Braising is similar to simmering, and is a combination of roasting and stewing, it is used mainly for cooking inferior joints, poultry, offals and certain vegetables. Meat or poultry should be sealed quickly in a hot oven on a bed of roots. It should then be half covered with brown stock, covered with a lid and put back into the oven at a lower temperature about 180°C to raise. Meat cooked in this way retains its own juices and also absorbs the flavour of the vegetables with which it is cooked.

iv. Steaming is cooking by passing steam from a closed boiler to a closed chamber or wet steaming oven; or by placing a steamer over an open boiler containing boiling water. Although in many respects steaming has the same effects as boiling, it is a more gradual process and allows the natural juices to be retained more completely. It is a satisfactory and economical means of cooking puddings and potatoes.

b. **DRY HEAT.** Dry heat is a direct application of heat without the addition of a liquid. There are four basic methods of cooking with dry heat.

i. Grilling is cooking by direct heat over coal, coke or charcoal, or under a gas flame or electric element.

ii. Roasting is cooking by dry heat in an oven. Meat or poultry to be roasted should be put into a baking tray basted with dripping and placed in a very hot oven for just sufficient time to seal the pores of the flesh and prevent the loss of nutritious juices during the subsequent cooking process. Cooking should then proceed at a lower temperature about 180°C.

iii. Baking is cooking by dry heat in an oven without the addition of fat or basting.

iv. Frying is cooking with the aid of oils or fats, which should be sweet, clean and free from salt. There are two methods - deep frying and shallow frying.

v. Deep frying is cooking by immersion in hot fat or oil. The fat must be of sufficient depth to cover the food. When it is at the correct temperature, the fat will be still, not bubbling, and should give off a light blue haze. If the fat is not hot enough, anything put into it will become sodden, greasy and unpalatable.

iv. Shallow frying is cooking in a small quantity of fat, just sufficient to cover the bottom of the pan. Allow the fat to get thoroughly hot, without burning. During cooking, the food must be turned over to cook evenly throughout.

PART 1 - GENERAL

SECTION F

NUTRITIONAL GUIDELINES

1. Introduction	11. Non-Starch Polysaccharides (Fibre) and Starch
2. Aim	12. Salt
3. Nutritional Policy MOD	13. Summary
5. Maintaining the balance	15. Summary of Dietary Recommendations
6. Cut down on fat	16. Oils and Fats
7. What can we do about it	17. Dietary Goals
8. Saturated fatty acids	18. Nutritional Information Tables
9. Sugar	

INTRODUCTION

1. It is the responsibility of service caterers to provide a healthy and nutritionally balanced diet for their customers. This is particularly important in a service environment as there are different requirements for different situations. For example, recruits under basic training expend considerable energy, are building muscle and require more calories than those employed in less physically demanding roles. There are nationally recognised dietary goals and these are included as a target towards which caterers and their staffs should aim.

AIM

2. The purpose of this section is to provide Service caterers with sufficient knowledge, to enable them to provide a healthy and nutritionally balanced diet, conforming to Ministry of Defence Nutritional Policy.

MOD NUTRITIONAL POLICY

3. An extract from the NATO Final Report Into The Nutritional Aspects of Military Feeding is as follows:

“The ultimate objective in military feeding is to provide the serviceman with a healthy balanced diet, to stated nutritional criteria, which is of maximum acceptability and within the constraints of cost and available logistics”.

4. Translated into the operational scenario, Operational Ration Packs (ORP), supplemented by fresh food, meet these goals for active servicemen. This is reflected in the high calorific value of ORP. It is not intended to dwell on ORP, but to concentrate on the peacetime feeding commitment.

MAINTAINING THE BALANCE

5. Food provides the energy which enables us to perform our daily tasks; this energy is measured in kilocalories or kilojoules:

$$1 \text{ Calorie} = 1 \text{ kcal} = 4.2 \text{ kJ}$$

To maintain optimum body weight, the amount of energy consumed must be balanced by the energy expended. It follows that excess eating leads to fatness unless the Calories are burnt off. In terms of long-term health it is not good to be either over or under weight. Over weight people can suffer from increased risk of heart disease, high blood pressure and diabetes in later life. As a nation, the British consume too much of the following items and caterers can help in cutting them down:

Animal Fat - Sugar - Salt

We tend to take too much energy from animal fat and too little from carbohydrates and starch items. The serviceman's diet should contain no more than about 75 grams of protein daily. Around 50% of energy should come from carbohydrates, 15% from protein and 35% from fat.

CUT DOWN ON FAT

6. The UK has one of the highest incidence rates of heart disease in the world. This is due to several factors, including smoking, lack of exercise and eating a fat-rich diet. Servicemen eat higher than the national average consumption of fat. UK recommendations are that energy derived from fat should be limited to 35% of the total energy requirement and only 11% of that should be saturated. The following table indicates the amount of fat in some foods:

- * Individual meat pies 30g
- * 120 g (4 oz) burger 20 g
- * 1 sausage 10 g
- * 1 sausage (low fat) 5 g

- * Pork chop (fried, untrimmed) 25 g
- * Pork chop (grilled untrimmed) 20 g
- * Pork chop (grilled, trimmed) 8 g
- * 85 g minced beef (undrained) 14 g
- * 85 g roast chicken (skin on) 12 g
- * 85 g roast chicken (skin off) 4 g
- * 3 fish fingers (fried) 11 g
- * 3 fish fingers (grilled) 6 g
- * Cod in batter (fried) 9 g
- * Cod (steamed) 1 g
- * Thin cut chips 17 g
- * Thick cut chips 8 g
- * Oven chips 7 g
- * 60 g Cheddar cheese 22 g
- * 60 g Edam cheese 13 g
- * 10 g butter or margarine 8 g
- * 10 g low fat spread 4 g
- * 1 small bag crisps 9 g
- * 1 small bag crisps (low fat) 7 g

WHAT CAN WE DO ABOUT IT

7. Firstly we can understand the difference between the types of fat and those that should be avoided.

SATURATED FATTY ACIDS

8. These fatty acids are found mainly in dairy products, meat, cake, chocolate, biscuits and butter. Hard fats such as hard margarine, lard and cooking fat are all very high in SFA, as are some soft margarines unless made from polyunsaturated oils.

Advice

- * Cut excess fat from all meat and skim fat from stews.
- * Remove skin from poultry after cooking.
- * Grill and bake rather than fry and roast.
- * Fry in vegetable oil not fat.
- * Cut down on pies and pastries.
- * Limit intake of biscuits, cakes and potato crisps.
- * Use skimmed or semi-skimmed milk.
- * Use low fat products such as spreads, cheeses, mayonnaise.
- * Eat more fish, poultry and lean red meat.

SUGAR

9. Consumption of sugar in the Armed Services is above average and contributes to tooth decay as well as obesity. A maximum of 11% of energy should be taken in the form of sugar, this represents about 60 g per day, from all sources. Three level teaspoons of granulated sugar weighs about 10g. Many foods and drinks contain sugar and some examples of high content are as follows:

- * A 440ml can of soft drink □ teaspoons.
- * Tinned peaches in syrup (120 g) 6
- * Slice plain cake (50 g) 3
- * Mars bar 5
- * 3 tsps drinking chocolate 2.5
- * 2 tbsps muesli (30 g) 2.5
- * 2 tsps jam 2

10. Anyone who is overweight should avoid consuming sugar as there are no other dietary benefits from consuming it. Many recipes will tolerate a reduction in sugar.

NON-STARCH POLYSACCHARIDES (FIBRE) AND STARCH

11. The average daily intake of NSP should be around 18 g. Starch and fibre are found in plants of food made from

plants and energy gained from foods such as bread, potatoes, rice, pasta is preferable to eating excesses of fat.

Fibre from cereals helps regularity, and fibre in fruit, pulses and vegetables can help reduce cholesterol in the blood. Examples of fibre in food are as follows:

- * 150 g slice of wholemeal bread 2.6 g
- * 150 g slice of white bread 0.8 g
- * Wholemeal pastry portion 1.7 g
- * White flour pastry portion 0.5 g
- * 30/50 g portion of All Bran 7.5 g
- * 30/50 g portion of Cornflakes 1.9 g
- * 2 Weetabix 4.4 g
- * 60 g brown rice (2 oz) 2.5 g
- * 60 g white rice 1.4 g
- * 60 g spaghetti 0.8 g
- * 80 g baked beans 8.7 g
- * 60 g frozen peas 10.8 g
- * 60 g cabbage 2.5 g
- * Banana 3.4 g
- * Apple 1.5 g
- * 30 g dried apricots 7.2 g

SALT

12. Generally, no more than the equivalent of half a teaspoon (4 g) of salt is required daily. Most of this will come from the salt used in the preparation of raw food and the salt contained in pre-prepared products such as pies. It follows therefore that added salt is generally not required at the table. We should aim to reduce the level of added salt by at least 50%. This can be done by using low-salt products or by only making salt available at a central point in the dining room. Salt can be reduced in cooking whilst still maintaining flavour enhancement. Examples of sodium content in foods are as follows:

Food per 100 g (3.5 oz) Sodium in g

- * Salted butter 0.870
- * Margarine 0.800
- * Low-fat spread 0.690
- * Unsalted butter 0.7
- * Bread, Mother's pride 0.820
- * Hovis 0.580
- * Bread, wholemeal 0.540
- * Potatoe crisps 0.550
- * Instant potato 0.260
- * All Bran 1.530
- * Cornflakes 1.160
- * Ready Brek 0.23
- * Tinned garden peas (drained) 0.230
- * Peas frozen (uncooked) 0.3
- * Bacon, back (fried) 1.910
- * Ham (tinned) 1.250
- * Pork (lean) 0.76
- * Kippers 0.990
- * Mackerel (fresh) 0.130
- * Fish cakes (frozen) 0.480
- * Cod (fresh) 0.77
- * Beefburgers (frozen) 0.880
- * Salted peanuts 0.440
- * Salt 38.850
- * Low salt substitute 19.415
- * Soy sauce 7.340

SUMMARY OF DIETARY RECOMMENDATION

13. The information in this section has been compiled from several sources and reflects the MOD policy for healthy seating and nutritional targets. Those managers responsible for providing food to Servicemen and women have a duty to adhere to this policy within single service instructions.

14. Healthy eating is very much a matter of education and ultimately, individuals are responsible for their own food intake.

However, caterers have a responsibility to ensure that a range of healthy alternatives is available, from which the informed diner may make a choice. Additionally, there are many ways in which responsible managers can cut down on less healthy aspect of the diet, by putting into practice the measures detailed in this section.

15. Energy intake should be related to the rate of activity; for example, recruits under basic training would fall into the "very active category". Daily net energy intakes guidelines for different levels of activity are as follows:

Most females - 2400 Kcal (10.9 MJ)
 Most males - 2900 Kcal (11.5 MJ)
 Male office workers - 2800 Kcal (11.7 MJ)
 Fairly active - 3200 Kcal (13.4 MJ)
 Very active - 3600 Kcal (15.5 MJ)

- * Eat the right amount and type of food to maintain a healthy weight.
- * Eat less fat, particularly animal fat and fat rich dairy products.
- * Eat less sugar (simple carbohydrate).
- * Eat less salt (sodium).
- * Eat more fibre (complex carbohydrate).
- * Limit consumption of alcoholic drinks to:

Men - not more than twenty one units a week.
 Women - not more than fourteen units a week.

1 unit = ½ pint of beer, 1 glass of wine, 1 measure of spirits.

OILS AND FATS

16. This chart indicates which cooking oils, margarines and fats are healthiest, ie the ones with the smallest percentage of saturated fats. The higher the percentage of unsaturated fats the better.

<i>Oil/Fat</i>	<i>Saturated</i>	<i>Monounsaturated</i>	<i>Polyunsaturated</i>
Coconut butter	85%	7%	2%
Butter	60%	32%	3%
Palm oil	45%	42%	8%
Lard	43%	42%	9%
Beef dripping	40%	49%	4%
Margarine, hard (vegetable oil only)	37%	47%	12%
Margarine, hard (mixed oils)	37%	43%	17%
Margarine, soft	32%	42%	22%
Margarine, soft (mixed oils)	30%	45%	19%
Low fat spread	27%	38%	30%
Margarine, polyunsaturated	24%	22%	54%
Ground nut oil	19%	48%	28%
Maize oil	16%	29%	49%
Wheat germ oil	14%	11%	45%
Soya bean oil	14%	24%	57%
Olive oil	14%	70%	11%
Sunflower seed oil	13%	32%	50%
Safflower seed oil	10%	13%	72%
Rape seed oil	7%	61%	32%

DIETARY GOALS

17.

<i>Dietary Constituent</i>	<i>Recommendation</i>	<i>Foods to reduce</i>	<i>Foods to increase</i>
All Fat	85 grams a day to supply 35% of total energy requirement.	Animal fats and dairy produce. Also coconut and palm oil.	Vegetable oils especially olive oil, corn oil, sunflower oil. Poly-unsaturated spreads.
Saturated Fat	40 grams a day to provide 15% of total energy. Eventually 11% (30 g)	As above, lard, margarine, crisps, biscuits, cakes.	Low fat products Skimmed and semi-skimmed milk.
Polyunsaturated fatty acids	23 grams a day to provide 11% of energy requirement	Reduce solid fat	Increase liquid oils.
Sugar	60 grams a day	Sugar and all foods with high sugar content	
Salt and Sodium	Reduce by half to about 4 g per day	Most tinned and processed foods including cereals, biscuits, cakes and puddings	Potassium rich foods such as fresh fruit and vegetables, ie bananas and potatoes.
Fibre and Carbohydrate	30 grams a day. Increase carbohydrate except sugar. = to 18 g NSP	Substitute for energy from fat	Cereals, pasta, wholemeal bread, pulses, root vegetables, green leaf vegetables, fresh fruit.
Protein	75 grams per day, equal to about 15% of total daily energy intake	Reduce animal protein because of animal fat	Pulses, all vegetables, white fish

NUTRITIONAL INFORMATION TABLES 18.

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
1	Butter	3.16	0.4	85.1	0.0
2	Butter Parsley	3.16	0.9	85.0	0.0
3	Cheese and Bacon Pie	1.86	12.6	34.9	22.0
4	Cheese and Buck Rarebit	1.17	13.6	18.0	17.0
5	Cheese Cakes	2.02	6.8	25.4	60.1
6	Cheese Cheddar	1.71	25.4	34.5	0.0
7	Cheese Cheshire	1.57	25.8	30.6	0.0
8	Cheese Dairylea	1.53	23.4	30.6	0.0
9	Cheese Danish	1.40	23.9	26.8	0.0
10	Cheese Danish Blue	1.58	25.4	31.1	0.0
11	Cheese Edam	1.26	24.4	22.9	0.0
12	Cheese and Egg Flan	1.69	17.7	28.6	20.7
13	Cheese Pizza Pie	1.44	11.4	23.9	22.9
14	Cheese and Potato Pastie	0.90	5.4	14.4	17.3
15	Cheese Quiche Lorraine	1.04	12.0	14.0	20.0
16	Cheese Savoury Flan	1.50	17.7	23.6	20.1
17	Cheese Shrimp Spread	0.83	20.1	12.7	0.9
18	Cheese and Tomato Pastie	1.05	6.6	18.5	16.0
19	Cheese Welsh Rarebit	1.08	8.8	15.0	23.2
20	Ice Cream	0.76	4.2	9.2	21.5
21	Ice Cream, Baked Alaska	1.18	4.7	9.7	46.5
22	Ice Cream, Orange Sorbet	0.50	0.1	0.4	30.5
23	Milk or Substitute	0.27	3.4	3.7	4.8
24	Egg and Bacon Flan	1.53	9.3	30.8	14.7
25	Egg and Bacon Pie	1.10	7.3	21.4	11.2
26	Egg Boiled	0.66	11.9	12.3	0.0
27	Egg Curry	0.41	6.2	7.1	2.6
28	Egg Custard	0.58	7.4	7.1	11.8
29	Egg Fried	0.96	14.1	19.5	0.0
30	Egg Mayonnaise	1.05	8.1	22.7	4.6
31	Egg Omelette	0.80	10.2	17.0	0.0
32	Egg Omelette, Cheese Tomato	1.42	17.8	29.9	1.0
33	Egg Omelette Ham	0.92	17.2	17.0	0.0
34	Egg Omelette Mushroom	0.81	8.9	17.9	0.0
35	Egg Omelette Savoury	0.95	17.5	17.5	0.0
36	Egg Poached	0.64	12.4	11.7	0.0
37	Egg Scotch	1.07	11.1	19.3	10.3
38	Egg Scrambled	1.11	10.1	25.2	0.6
39	Lard	3.66	0.0	99.0	0.0
40	Margarine	3.16	0.2	85.3	0.0
41	Oil 'Prep'	3.70	0.0	99.9	0.0
42	Bread	1.03	7.8	1.4	52.7
43	Bread and Butter Pudding	0.55	4.9	5.3	16.8
44	Bread French	1.08	8.3	1.8	54.4
45	Bread French Fried	1.43	9.2	18.0	38.2
46	Bread Fried	2.33	7.6	37.2	51.2
47	Bread and Jam Fritters	1.61	4.6	24.0	40.4
48	Bread Rolls	1.02	8.0	1.4	51.7
49	Bread Spiced Pudding	1.33	4.3	9.2	57.3
50	Bread Spiced Slice	1.10	3.5	9.1	44.1
51	Buitoni Tagliatelli	0.79	10.4	5.0	26.5
52	Cornflakes	1.55	6.6	0.8	88.2
53	Corn sweet of the cob	0.42	1.8	0.2	24.0
54	Corn sweet fritters	0.93	3.8	9.9	31.1
55	Frosties	1.58	5.3	0.6	91.6
56	Golden syrup	1.27	0.3	0.0	79.0
57	Macaroni cheese	0.85	7.6	12.8	15.2
58	Macaroni creamed	0.93	6.5	5.1	39.3
59	Oatmeal block	2.21	6.5	28.5	65.5
60	Oatmeal porridge	0.19	1.4	0.9	8.2
61	Poppadoms	0.85	5.6	2.8	40.5
62	Puffed wheat	1.52	13.9	2.0	75.3
63	Ravioli on toast	0.39	4.0	1.2	17.1
64	Rice baked pudding	0.47	2.3	1.8	23.0
65	Rice boiled	0.52	2.1	0.3	29.6
66	Rice conde	0.75	4.3	4.9	31.2
67	Rice custard	0.72	4.6	4.3	30.0

SECTION F

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
68	Rice french pudding	0.59	3.6	7.6	15.7
69	Rice fried	0.85	3.6	7.3	32.5
70	Rice krispies	1.50	5.7	1.1	85.1
71	Rice savoury	0.74	4.4	6.5	26.5
72	Ricicles	1.48	7.1	1.5	81.7
73	Sago creamed	0.52	3.1	3.7	20.9
74	Semolina creamed	0.54	4.3	3.9	20.2
75	Shredded wheat	1.53	9.7	2.8	79.0
76	Spaghetti	0.28	1.9	0.5	14.0
77	Spaghetti bolognaise	1.52	12.5	9.9	58.5
78	Stuffing	1.19	6.2	13.0	37.6
79	Sugar	1.68	0.0	0.0	105.0
80	Sugar puffs	1.55	11.1	1.6	81.2
81	Weetabix	1.49	10.9	1.9	77.0
82	Yorkshire pudding	0.90	7.1	9.4	27.0
83	Bakewell tart	1.55	5.3	14.1	58.4
84	Banbury cake	1.70	7.0	15.5	62.3
85	Battenbourg slice	1.58	4.6	15.8	58.3
86	Bavarois	1.06	17.9	6.6	31.8
87	Biscuits	1.75	10.9	3.9	88.9
88	Biscuits cheese	1.94	5.8	18.8	71.7
89	Biscuits chocolate	2.06	5.6	25.0	64.8
90	Biscuits cream cracker	1.99	8.1	16.2	78.0
91	Biscuits digestive	1.98	9.6	20.5	66.0
92	Blancmange	0.49	3.2	3.7	18.8
93	Bath buns	1.31	6.6	5.0	63.4
94	Buns Chelsea	1.48	6.6	12.3	57.2
95	Buns cream	1.71	5.3	28.5	35.2
96	Buns currant	1.28	7.4	7.6	54.5
97	Buns danish	1.18	5.7	7.5	50.2
98	Buns fondant	1.58	8.2	7.9	71.6
99	Buns iced	1.42	4.4	4.5	73.4
100	Buns raspberry	1.50	8.8	7.8	66.6
101	Butterfly cakes	1.64	5.2	26.6	35.5
102	Caramel cream	0.32	3.1	3.0	10.0
103	Coconut Slice	1.93	4.3	28.9	49.5
104	Cream Horns	2.13	4.3	45.1	24.0
105	Cup Cakes	1.58	3.5	8.0	76.5
106	Danish Whirls	1.52	6.7	17.2	48.3
107	Devonshire Splits	1.13	7.7	4.5	51.8
108	Dough Cake	1.47	6.0	15.8	48.8
109	Doughnut	1.91	5.8	26.0	53.2
110	Eclairs Chocolate	1.83	4.1	34.6	30.2
111	Egg Custard Tart	1.79	7.3	26.2	43.7
112	Fairy Cakes	1.83	6.0	19.0	64.0
113	Fruit Tart	1.32	4.2	16.5	40.0
114	Fruit Tartlets	1.51	5.4	22.0	37.5
115	Gateaux Various	1.90	3.1	24.3	59.4
116	Iced Fancies	1.55	3.5	6.5	78.0
117	Jam Baked Roll	1.41	4.8	12.0	55.2
118	Jam Puffs	2.11	6.8	31.5	51.8
119	Jam Tarts	1.64	3.8	15.4	62.7
120	Jam Turnovers	2.11	6.8	31.5	51.8
121	Jelly	0.34	1.9	0.0	19.1
122	Jelly and Blancmange	0.52	4.3	0.3	27.5
123	Jelly Fruit	0.91	6.4	5.5	37.5
124	Jelly Milk	0.46	3.5	1.9	20.9
125	Lemon Curd Tart	1.55	4.2	18.0	50.8
126	Lemon Meringue Pie	1.72	5.4	21.4	52.5
127	Macaroon	1.59	5.4	22.2	42.5
128	Manchester Tart	1.58	6.2	19.7	46.9
129	Marshmallow	1.77	4.6	18.0	64.4
130	Meringues	1.17	3.0	0.0	70.0
131	Milk Pudding	0.42	2.2	1.7	20.0
132	Mince Meat Tart	1.62	5.0	22.3	44.1
133	Mousse Chocolate	0.79	4.5	13.2	13.8
134	Nelson Slice	2.04	6.7	29.3	52.4

SECTION F

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
135	Pancakes	0.72	5.0	15.1	5.0
136	Pastry Flaky	2.40	6.7	42.0	45.6
137	Pineapple Cake	1.13	3.2	16.5	29.0
138	Queen's Pudding	0.89	4.5	8.1	31.8
139	Rock Cake	1.60	6.0	16.0	65.6
140	Scones Fruit	1.56	5.5	13.0	61.5
141	Scones Milk	1.54	7.7	13.2	57.3
142	Shortbread	2.15	6.1	27.2	64.9
143	Shortcake Currant	2.10	5.2	24.0	70.1
144	Slabcake Cherry	1.62	3.8	15.0	62.3
145	Slabcake Fruit	1.72	5.6	13.5	70.1
146	Slabcake Iced	1.70	4.0	13.0	71.8
147	Slabcake Madeira	1.73	6.1	18.0	60.2
148	Slabcake Plain	1.57	4.9	16.0	56.1
149	Sponge Apple	1.35	4.9	16.7	40.5
150	Sponge Chocolate	1.29	8.9	7.0	55.1
151	Sponge Decorated	1.95	5.5	25.3	57.3
152	Sponge Plain	1.63	6.1	20.9	47.1
153	Sponge Steamed Almond	1.32	6.4	16.9	36.5
154	Sponge Steamed Blackcap	1.53	4.4	15.4	55.1
155	Sponge Steamed Cherry	1.02	3.1	9.3	38.9
156	Sponge Steamed Chocolate	1.67	5.4	25.0	40.6
157	Sponge Steamed Date	0.99	3.2	7.6	40.6
158	Sponge Steamed Fruit	1.08	3.2	7.6	46.6
159	Sponge Steamed Ginger	0.98	3.4	9.3	35.9
160	Sponge Steamed Golden	0.91	4.5	6.4	37.1
161	Sponge Steamed Marmalade	1.14	3.4	9.3	45.9
162	Sponge Steamed Pineapple	1.02	3.1	9.3	38.9
163	Sponge Steamed Strawberry	1.26	4.9	11.0	48.1
164	Swiss Roll	1.58	7.2	7.0	75.0
165	Syrup Flan	1.75	4.2	16.5	67.0
166	Treacle Tart	1.56	3.5	13.5	62.6
167	Trifle	0.62	3.3	5.6	22.4
168	Yorkshire Puddings	2.12	7.8	31.6	51.2
169	Asparagus Boiled	0.04	1.7	0.0	0.6
170	Baked Beans	0.39	6.0	0.4	17.3
171	Baked Beans on Bread	0.57	6.2	0.7	27.7
172	Baked Beans with Egg	0.62	8.6	4.8	18.5
173	Beans Broad Boiled	0.18	4.1	0.0	7.1
174	Beans Butter	0.39	7.1	0.0	17.1
175	Green Beans Sliced	0.07	0.6	0.0	3.9
176	Beans Runner	0.06	1.1	0.0	2.9
177	Beetroot Boiled	0.19	1.8	0.0	9.9
178	Brussels Sprouts Boiled	0.07	2.4	0.0	1.7
179	Cabbage Boiled	0.03	1.1	0.0	0.8
180	Cabbage Buttered	0.21	1.0	5.0	0.8
181	Cabbage Red	0.14	2.0	0.2	5.9
182	Carrots Boiled	0.08	0.6	0.0	4.3
183	Carrots Glazed	0.26	0.6	5.0	4.0
184	Carrots 'Vichy'	0.20	0.9	3.0	4.5
185	Cauliflower au Gratin	0.22	2.2	1.0	9.1
186	Cauliflower Boiled	0.04	1.5	0.0	1.2
187	Celery Raw	0.04	0.9	0.0	1.3
188	Cucumber	0.05	0.6	0.0	2.4
189	Garni	0.85	1.7	20.5	4.5
190	Leeks Boiled	0.10	1.8	0.0	4.6
191	Lettuce Raw	0.05	1.1	0.0	1.8
192	Marrow Boiled	0.03	0.4	0.0	1.4
193	Melon	0.13	0.7	0.1	7.2
194	Mushrooms Boiled	0.03	1.8	0.0	0.0
195	Mushrooms Fried	0.86	2.2	22.3	0.0
196	Mustard Cress	0.04	1.6	0.0	0.9
197	Onions Fried	1.43	1.8	33.3	10.6
198	Onions Pickled	0.10	0.2	0.0	6.3
199	Onions Raw	0.10	0.9	0.0	5.2
200	Onions Spring	0.18	0.9	0.0	10.6
201	Parsley	0.09	5.2	0.0	0.0
202	Parsnips Boiled	0.24	1.3	0.0	13.5
203	Peas Boiled	0.21	5.0	0.0	7.7

SECTION F

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
204	Peas Dried	0.42	6.9	0.0	19.1
205	Peas Processed	0.30	5.1	0.1	13.3
206	Peas Tinned	0.36	5.9	0.0	16.5
207	Peppers Green	0.06	0.9	0.0	2.8
208	Potatoes Baked in Jackets	0.36	2.0	0.0	20.3
209	Potatoes Boiled	0.34	1.4	0.0	19.7
210	Potatoes Boulangere	1.16	1.1	24.9	13.8
211	Potatoes Byron	1.03	5.2	19.7	13.1
212	Potatoes Chateau	0.59	1.3	7.7	17.9
213	Potatoes Chipped	0.99	3.8	9.0	37.3
214	Potatoes Creamed	0.50	1.3	5.0	18.5
215	Potatoes Creamed Baked	0.59	1.5	5.8	21.6
216	Potatoes Crisps	2.28	5.9	37.6	49.3
217	Potatoes Croquette	0.57	2.4	6.2	18.8
218	Potatoes Dauphine	0.67	3.0	8.3	19.20
219	Potatoes Duchesse	0.55	2.1	6.4	17.5
220	Potatoes Fondant	0.46	1.5	4.3	16.9
221	Potatoes Lyonnaise	1.07	3.5	13.1	32.8
222	Potatoes Macaire	0.55	1.9	5.3	20.2
223	Potatoes Marquise	0.46	2.1	6.0	12.4
224	Potatoes Mash	0.50	1.5	5.0	18.0
225	Potatoes Parmentier	0.94	3.5	9.1	33.9
226	Potatoes Parsley	0.40	1.9	2.8	16.4
227	Potatoes Rissole	1.06	3.8	10.9	37.3
228	Potatoes Roast	0.23	2.9	4.2	30.0
229	Potatoes Saute	1.05	3.8	10.0	38.3
230	Potatoes Savoury	0.66	3.2	10.3	13.8
231	Potatoes Scaloped	0.88	3.2	9.4	29.8
232	Radishes	0.08	1.0	0.0	3.8
233	Salad American	0.17	1.1	1.5	5.8
234	Salad Coleslaw	0.14	0.9	2.0	2.9
235	Salad French	0.08	1.1	0.6	2.2
236	Salad Green	0.05	1.1	0.0	1.9
237	Salad Harlequin	0.22	2.4	1.8	7.2
238	Salad Mixed Vegetables	0.32	3.6	1.3	13.0
239	Salad Potato	0.35	1.3	1.3	17.6
240	Salad Prawn	0.43	18.7	2.9	0.4
241	Salad Rice	0.46	2.4	1.9	21.5
242	Salad Spanish	0.18	1.8	1.8	5.0
243	Salad Sweetcorn	0.42	1.2	1.5	21.4
244	Spinach Boiled	0.11	5.1	0.0	1.4
245	Swedes Boiled	0.08	0.9	0.0	3.8
246	Tomatoes Fresh	0.06	0.9	0.0	2.8
247	Tomatoes Juice	0.08	0.9	0.1	4.1
248	Tomatoes Tinned	0.08	0.8	0.0	3.9
249	Turnips Boiled	0.05	0.7	0.0	2.3
250	Vegetables green Savoury	0.46	2.6	10.3	2.2
251	Vegetables Mixed Frozen	0.30	4.0	0.0	14.4
252	Watercress	0.06	2.9	0.0	0.7
253	Apples	0.23	0.3	0.0	13.9
254	Apples Baked	0.13	0.2	0.0	8.0
255	Apple and Blackberry Pie	0.79	1.9	7.5	30.0
256	Apple and Blackcurrant Pie	0.84	2.2	7.8	32.3
257	Apple and Bilberry Pie	0.90	2.7	8.0	34.6
258	Apple Crumble	1.04	2.7	6.6	46.7
259	Apple Dutch Pie	1.07	3.6	9.0	42.2
260	Apple Fritters	0.82	3.3	6.6	32.6
261	Apple Pie	0.92	2.9	8.5	34.6
262	Apple and Raspberry Pie	0.95	2.8	6.7	40.9
263	Apple and Raspberry Stew	0.22	0.2	0.0	13.4
264	Apple Stewed Rings	0.49	1.0	0.0	29.5
265	Apple Turnovers	1.34	3.5	21.0	31.5
266	Apricot Flan	1.14	3.0	10.0	44.9
267	Apricot Tinned	0.45	0.5	0.0	27.7
268	Bananas	0.19	0.7	0.0	11.3
269	Banana Custard	0.43	2.5	2.6	18.2
270	Banana Fried	0.67	2.1	5.6	26.6
271	Banana Fritters	0.79	4.3	5.4	32.6
272	Coconut Desiccated	2.51	6.6	62.0	6.4

SECTION F

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
273	Currants Black	0.29	0.9	0.0	17.0
274	Grapefruit	0.14	0.6	0.0	8.2
275	Grapefruit Juice	0.22	0.4	0.1	13.4
276	Gooseberry	0.35	0.7	0.0	21.1
277	Gooseberry Crumble	1.13	2.6	8.4	48.5
278	Gooseberry Pie	1.01	3.1	10.0	36.9
279	Fruit Cocktail	0.41	0.3	0.0	25.0
280	Fruit Crumble	0.87	2.8	7.8	33.4
281	Fruit Flan	1.01	3.1	10.0	37.0
282	Fruit Pie	1.35	4.8	14.4	45.7
283	Fruit Salad Tinned	0.35	0.3	0.0	21.5
284	Fruit Slice	1.56	3.5	13.8	62.0
285	Fruit Turnovers	1.22	3.4	21.0	24.3
286	Olives Stuffed	0.42	0.9	11.0	0.0
287	Oranges	0.21	0.8	0.0	12.0
288	Peaches	0.20	0.6	0.0	11.8
289	Peaches Tinned	0.23	0.1	0.0	17.9
290	Pears	0.24	0.2	0.0	14.6
291	Pears Conde	0.46	2.0	3.9	17.9
292	Pear Crumble	0.95	2.7	7.2	40.1
293	Pear Flan	1.29	4.4	16.5	37.5
294	Pear and Pineapple Flan	1.29	4.3	16.5	37.6
295	Pears Tinned	0.33	0.4	0.0	20.0
296	Pineapple Flan	1.29	4.3	16.5	37.6
297	Pineapple Fritters	0.75	1.9	7.4	27.7
298	Pineapple Juice	0.22	0.4	0.1	13.4
299	Pineapple Tinned	0.33	0.3	0.0	20.2
300	Plum Pie	0.83	2.9	5.3	36.8
301	Plums Tinned	0.34	0.4	0.0	21.0
302	Prunes	0.34	1.2	0.0	20.2
303	Raisins	1.21	1.1	0.0	74.7
304	Raspberry Pie	0.87	2.5	7.5	34.2
305	Rhubarb Pie	0.78	2.1	7.5	29.2
306	Rhubarb Stewed	0.08	0.4	0.0	4.8
307	Rhubarb Tart	1.29	4.1	16.7	37.4
308	Strawberry Fresh	0.11	0.6	0.0	6.2
309	Strawberry Crumble	0.91	2.6	8.4	34.5
310	Strawberry Flan	0.88	3.0	9.4	29.9
311	Sultanas	0.15	1.7	0.0	7.6
312	Tangerines	0.20	0.9	0.0	11.5
313	Bacon and Egg Pie	1.88	13.7	32.6	27.5
314	Bacon Gammon Baked	1.29	39.0	16.9	0.0
315	Bacon Gammon Boiled	1.96	41.0	34.0	0.0
316	Bacon Gammon Steak Grilled	1.26	37.3	16.9	0.0
317	Bacon Streaky fried	2.11	24.0	46.0	0.0
318	Bacon Streaky grilled	1.33	28.0	23.0	0.0
319	Beef Braised	1.10	24.0	17.0	4.0
320	Beef Carbonade	0.57	10.7	8.8	3.9
321	Beef Corned	0.97	27.9	13.3	0.0
322	Beef Corned Hot Pot	0.56	9.4	6.0	11.0
323	Beef Corned Hash	0.93	22.3	15.0	0.0
324	Beef Cottage Pie	0.52	3.9	5.0	17.1
325	Beef Cottage Pie Individual	0.52	3.5	5.0	17.3
326	Beef Curry	0.75	13.4	9.9	9.5
327	Beef Durham Cutlets	1.57	16.0	22.1	30.1
328	Beef Goulash	1.11	18.0	19.0	6.0
329	Beef Hot Pot	0.70	12.4	8.0	11.8
330	Beef Olives	1.72	21.7	36.5	0.0
331	Beef and Onion Rissole	0.79	23.9	8.9	3.4
332	Beef Patties	1.24	6.7	20.0	24.3
333	Beef Pie	1.16	19.0	15.8	15.8
334	Beef Pie Individual	0.97	9.3	12.0	22.7
335	Beef Pressed	0.95	25.1	14.2	0.0
336	Beef Sirloin Steak	1.55	21.3	32.1	0.0
337	Beef Steak Braised	0.98	30.0	11.0	4.0
338	Beef Steak Chasseur	1.11	19.5	20.5	1.5
339	Beef Steak Entrecote	0.85	19.2	11.8	5.3
340	Beef Steak Fried	1.10	20.4	20.4	0.0

SECTION F

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
341	Beef Steak Grilled	1.22	24.5	21.6	0.0
342	Beef Steak and Kidney Pie	1.08	13.0	12.8	24.1
343	Beef Steak and Kidney Pudding	0.67	11.5	6.2	15.6
344	Beef Steak and Kidney Pudding individual	0.72	12.9	8.4	11.6
345	Beef Steak and Kidney Stew	0.55	8.6	7.4	8.1
346	Beef Steak Mini	0.87	17.0	11.0	11.0
347	Beef Steak and Mushroom Pie	0.68	13.0	7.6	11.4
348	Beef Steak and Onion Casserole	0.47	14.2	5.3	2.0
349	Beef Steak Pie	0.98	19.0	10.8	15.8
350	Beef Steak Pudding	1.07	11.1	15.8	18.4
351	Beef Steak and Vegetable Pie	0.70	8.7	5.7	21.6
352	Beef Stew Brown with Dumplings	0.86	10.8	10.3	18.4
353	Beefburgers	1.19	1.0	12.0	28.3
354	Chicken a la King	0.93	17.5	17.0	0.0
355	Chicken Balantine	0.86	22.1	13.0	0.0
356	Chicken Braised	0.72	30.0	4.0	4.0
357	Chicken Chasseur	0.69	11.0	10.8	6.6
358	Chicken Croquets	0.77	17.5	9.0	8.6
359	Chicken Curry	1.34	21.0	9.1	40.6
360	Chicken Fricassee	0.68	13.1	9.9	5.4
361	Chicken fried	0.46	16.0	5.0	0.0
362	Chicken Grilled	0.93	17.5	17.0	0.0
363	Chicken and Ham Pie	1.12	18.4	17.9	9.2
364	Chicken Maryland	0.95	22.3	11.6	8.9
365	Chicken Pie	1.14	22.4	16.6	9.2
366	Chicken Roast	0.42	16.0	3.9	0.0
367	Chicken Southern Fried	0.95	22.3	11.6	8.9
368	Chicken Supreme	0.48	13.1	9.9	5.4
369	Chicken Sweet and Sour	0.63	8.2	10.4	6.8
370	Chicken Vol-au-Vent	1.06	7.3	17.7	17.3
371	Cornish Pastie	1.48	7.9	17.4	43.8
372	Duck Roast	1.26	22.8	23.6	0.0
373	Duck Savoury	1.37	27.8	20.3	8.9
374	Faggots	1.05	11.0	13.1	23.8
375	Haggis	1.20	13.6	15.5	24.7
376	Ham Boiled	1.74	16.3	39.6	0.0
377	Ham and Egg Pie	1.50	12.8	22.8	27.5
378	Hazlett	1.31	16.2	17.0	25.5
379	Heart Beef Braised	0.84	29.0	7.7	4.0
380	Kidney Ox Portuguese	0.72	19.0	8.0	6.1
381	Kidney Ox Saute	0.83	26.0	10.4	0.0
382	Kidney Ox Stewed	0.65	21.7	5.8	4.0
383	Kidney Ox Turbigo	1.08	25.5	10.3	16.8
384	Lamb Raised	0.89	26.0	10.4	4.0
385	Lamb Chops Braised	1.03	22.0	16.0	4.0
386	Lamb Chops Grilled	1.42	18.0	30.0	0.0
387	Lamb Cutlets Grilled	1.96	15.6	45.0	2.1
388	Lamb Leg Boiled	0.94	25.8	13.6	0.0
389	Lamb Printaniere	1.65	18.2	32.6	8.2
390	Lamb Leg Roast	1.07	25.0	17.4	0.0
391	Lamb Stewed	0.95	16.2	14.4	8.9
392	Lancashire Hot Pot	0.52	9.7	4.6	11.3
393	Liver Ox Braised	0.93	29.5	8.0	8.0
394	Liver Ox Fried	1.15	29.5	15.9	4.0
395	Luncheon Meat	1.26	14.7	25.0	5.4
396	Luncheon Meat Fritters	1.77	16.3	34.4	13.9
397	Meat Balls	1.11	14.8	16.4	15.7
398	Meat Balls and Noodles	0.93	9.6	9.4	25.9
399	Meat Loaf	1.03	13.7	20.2	2.9
400	Meat Minced Savoury	0.52	13.0	5.2	6.8
401	Meat Pastie	2.05	6.4	32.0	47.6
402	Meat Pie	1.41	12.0	19.8	29.7
403	Meat Pie Individual	1.38	11.0	16.8	35.4
404	Mutton Chop Grilled	1.51	15.0	34.0	0.0

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
405	Mutton Curry	1.01	16.0	14.0	14.0
406	Mutton Leg Roast	0.79	16.6	13.6	0.0
407	Mutton Scotch Pie	0.64	16.9	24.8	27.5
408	Nasi Goreng	0.63	3.7	1.5	31.8
409	Pork Belly	1.83	19.5	40.4	0.0
410	Pork Belly Stuffed	1.54	14.9	26.7	18.8
411	Pork Braised	1.02	30.0	12.0	4.0
412	Pork and Egg Pie	1.57	12.9	24.6	27.6
413	Pork Escalope	1.37	24.3	24.7	2.9
414	Pork Fried in Batter	1.63	24.6	29.5	7.5
415	Pork Leg Roast	1.28	24.6	23.2	0.0
416	Pork Loin Chop Grilled	1.81	15.4	41.9	0.0
417	Pork Mock Escalopes	1.32	11.5	24.8	12.7
418	Pork Pie	1.69	15.8	26.6	27.5
419	Pork Schnitzel	0.60	9.4	10.7	2.9
420	Pork Sweet and Sour	1.43	20.1	23.6	13.3
421	Pork and Vegetable Pastie	1.31	9.8	20.0	25.2
422	Rabbit Braised	0.44	13.6	3.9	4.0
423	Rabbit Pie	1.39	10.3	23.0	23.0
424	Rabbit Stew	0.41	9.6	2.0	11.0
425	Sausage Black Pudding	1.36	10.5	20.5	26.7
426	Sausage Braised Beef	0.02	20.8	9.4	19.7
427	Sausage Bratwurst	1.15	9.4	26.6	0.6
428	Sausage Cake	1.37	8.7	24.8	18.8
429	Sausage Fried Beef	1.17	13.8	18.4	15.7
430	Sausage Fried Pork	1.32	11.5	24.8	12.7
431	Sausage Grilled Beef	1.31	16.8	19.6	18.7
432	Sausage Grilled Pork	1.48	13.5	27.2	15.3
433	Sausage Liver	1.26	16.2	25.7	1.8
434	Sausage Lyonnaise	1.33	14.7	21.6	17.5
435	Sausage Roll (Flaky Pastry)	1.63	7.1	23.0	40.9
436	Sausage Sweet	1.17	8.7	20.4	16.8
437	Sausage Toad in the Hole	1.18	7.7	20.3	18.6
438	Tail Ox Braised	0.98	23.0	9.8	14.2
439	Tongue Ox Pickled/Boiled	1.25	19.1	23.9	2.3
440	Tongue Ox Stewed	1.19	18.0	24.0	0.0
441	Turkey a la King	1.01	19.1	18.6	0.0
442	Turkey Roast	0.48	18.1	4.6	0.0
443	Turkey Roll	0.65	20.1	5.9	5.4
444	Veal Cutlet	0.89	30.4	8.1	4.4
445	Veal Escalope	0.90	27.5	10.5	2.9
446	Veal and Ham Pie	1.58	17.4	22.7	27.5
447	Cod Fried in Batter	0.83	19.6	10.3	7.5
448	Cod Fried in breadcrumbs	0.57	20.7	4.7	2.9
449	Cod fried Meuniere	0.77	22.9	8.5	4.0
450	Cod grilled	0.56	22.9	4.5	0.0
451	Cod en Goujon	2.15	18.3	47.5	5.3
452	Cod Poached	0.27	12.4	1.3	1.0
453	Cod Steamed	0.27	14.6	0.7	0.0
454	Fish Cakes	0.83	9.2	10.0	18.8
455	Fish Paste	0.71	14.8	9.5	6.4
456	Haddock Grilled	0.81	27.4	9.3	0.0
457	Haddock Poached	0.40	15.5	3.3	1.0
458	Haddock Smoked	0.27	14.5	0.6	0.0
459	Herring Poached	0.29	13.4	1.2	1.0
460	Kippers Grilled	0.44	12.5	6.2	0.0
461	Plaice Fried in Batter	0.86	19.2	11.3	7.5
462	Plaice Fried in Breadcrumbs	0.58	11.0	8.8	4.3
463	Prawn Crackers	2.18	42.2	39.4	0.0
464	Salmon Fish Cakes	1.10	13.0	16.0	18.0
465	Salmon Tinned	0.56	19.7	6.0	0.0
466	Sardines	1.18	20.4	22.4	0.0
467	Apple Sauce	0.35	0.3	0.0	21.5
468	Brown Sauce	0.43	1.1	0.0	25.4
469	Caper Sauce	0.09	0.7	1.3	1.8
470	Celery Soup	0.07	1.5	0.5	1.4
471	Chasseur Sauce	0.13	0.6	0.3	7.1
472	Cheese Sauce	0.74	6.6	13.0	9.0
473	Chicken Noodle Soup	1.40	13.3	6.3	58.9

SECTION F

No	Food Item	Energy Value MJ/100g	Protein g/100g	Fat g/100g	Carbohydrate g/100g
474	Chicken Soup	0.04	0.3	0.2	2.0
475	Chocolate Sauce	0.66	3.8	10.0	14.3
476	Cranberry Sauce	0.30	1.2	3.9	8.4
477	Curry Sauce	0.21	0.3	0.0	12.5
478	Custard	0.48	3.4	3.9	17.5
479	Dejour Soup	0.01	0.5	0.0	0.3
480	Gravy	0.04	0.5	0.2	1.8
481	Household Soup	0.16	0.9	2.0	4.3
482	Kidney Soup	0.06	0.9	0.5	1.6
483	Leek Soup	0.09	0.5	1.1	2.8
484	Lentil Soup	0.41	5.3	4.8	9.1
485	Melba Sauce	0.89	0.5	0.0	55.3
486	Minestrone Soup	0.12	0.5	2.4	1.5
487	Mint sauce	0.06	1.0	0.0	2.9
488	Mulligatawny Soup	0.15	2.0	1.3	4.3
489	Mushroom Soup	0.29	1.4	3.0	9.6
490	Onion Sauce	0.36	2.4	5.6	7.1
491	Oxtail Soup	0.06	0.5	0.6	1.7
492	Potato Soup	0.09	0.5	1.1	2.8
493	Salad Cream	1.55	3.3	36.0	10.3
494	Scotch Broth	0.25	3.7	4.6	1.1
495	Solferino Soup	0.33	1.5	3.8	10.3
496	Sweet and Sour sauce	0.63	2.3	0.1	36.4
497	Tartar Sauce	0.45	2.0	0.4	24.9
498	Tomato Soup Creamed	0.39	1.9	4.0	13.1
499	Tomato Soup Tinned	0.28	0.9	3.1	9.4
500	Vegetable Soup	0.12	1.7	0.9	3.7
501	After Eights	1.94	4.1	18.8	73.3
502	Boiled Sweets	1.40	0.0	0.0	87.3
503	Bounty Bar	1.98	4.8	26.1	58.3
504	Chocolate Milk	2.41	8.7	37.6	54.5
505	Chocolate Fruit and Nut	2.10	4.0	27.4	63.7
506	Chtuney Apple	0.85	0.8	0.1	52.3
507	Crunch Bar	1.97	5.0	17.9	76.5
508	Chocci	1.05	5.8	23.4	5.2
509	Jam	1.11	0.6	0.0	69.0
510	Kit Kat	2.09	7.0	27.2	60.0
511	Lemonade	0.09	0.0	0.0	5.6
512	Marmalade	1.11	0.1	0.0	69.5
513	Mars Bar	1.85	5.3	18.9	66.5
514	Milky Way Bar	1.98	4.8	26.1	58.3
515	Peanuts	2.43	28.1	59.0	8.6
516	Penguin Bar	1.85	5.3	18.9	66.5
517	Piccalilli	0.25	1.2	1.0	12.1
518	Pickles Mixed	0.10	0.4	0.0	6.0
519	Picnic Bar	2.09	7.0	27.2	60.0
520	Sugar Nuts	2.28	17.1	44.6	21.1
521	Toffee Nuts	2.11	11.3	35.4	37.7
522	Milk Powder	2.18	27.0	29.7	38.8
523	Milk Tinned		Multiply by 1.025 and count as Milk		
524	Egg Raw	0.66	11.9	12.3	0.0
525	Barley	1.53	7.7	1.7	83.6
526	White Flour	1.48	7.9	1.0	81.9
527	Baking Powder	0.69	5.2	0.0	37.8
528	Cornflour	1.51	0.5	0.7	92.0
529	Macaroi Raw	1.52	10.7	2.0	79.0
530	Oats Rolled	1.69	12.1	8.7	72.8
531	Rice Polished	1.53	6.2	1.0	86.8
532	Sago Raw	1.51	0.2	0.2	94.0
533	Semolina	1.49	10.7	1.8	77.5
534	Spaghetti Raw	1.55	9.9	1.0	84.0
535	Asparagus	0.08	3.4	0.0	1.1
536	Beans Dried	1.26	23.8	0.0	53.2
537	Beans Tinned	0.07	0.6	0.0	3.9
538	Beans Broad Raw	0.34	7.2	0.5	12.6
539	Beans Green Raw	0.11	1.1	0.0	5.5
540	Beans Runner Raw	0.07	1.1	0.0	2.9
541	Brussels Sprouts Raw	0.13	3.6	0.0	4.6
542	Cabbage Raw	0.10	2.2	0.0	3.8

SECTION F

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>
543	Carrots Raw	0.10	0.7	0.0	5.4
544	Cauliflower Raw	0.10	3.4	0.0	2.8
545	Leeks Raw	0.13	1.9	0.0	6.0
546	Marrow Raw	0.12	0.5	0.0	7.0
547	Mushrooms Raw	0.05	1.8	0.0	1.4
548	Peas Fresh	0.27	5.8	0.0	10.6
549	Peas Dried	1.17	21.5	0.0	50.0
550	Potatoes Peeled	0.30	2.5	0.0	15.9
551	Potatoes Raw	0.37	2.1	0.0	20.8
552	Potatoes Ready Chipped	0.46	2.5	0.0	25.9
553	Potatoes Tinned	0.18	0.6	0.0	10.3
554	Swedes Raw	0.09	1.1	0.0	4.3
555	Turnips Raw	0.07	0.8	0.0	3.8
556	Apple Rings	0.98	2.0	0.0	59.0
557	Apple and Bilberry Dried	0.98	2.0	0.0	59.0
558	Apple Tinned	0.33	0.7	0.0	19.7
559	Apple and Raspberry Dried	0.98	2.0	0.0	59.0
560	Glazed Cherries	0.49	0.4	0.0	29.0
561	Fruit Dried (dates)	1.06	2.0	0.0	63.9
562	Lemons	0.06	0.8	0.0	3.2
563	Rhubarb Raw	0.03	0.6	0.0	1.0
564	Plums Raw	0.11	0.6	0.0	6.2
565	Strawberries	0.11	0.6	0.0	6.2
566	Aspic Powder	0.62	20.3	7.3	0.0
567	Bacon Gammon with Bone	0.98	11.5	21.2	0.0
568	Bacon Gammon Steak	1.26	37.3	16.9	0.0
569	Bacon Streaky Raw	2.19	9.0	55.0	0.0
570	Beef Minced Raw	0.88	17.0	16.0	0.0
571	Curry Paste	0.98	9.5	10.8	26.1
572	Beef Tinned	0.47	16.0	5.4	0.0
573	Beef Diced	1.10	20.1	20.6	0.0
574	Beef Prep	0.88	17.0	16.0	0.0
575	Beef Topside	0.80	20.2	12.3	0.0
576	Beef Silverside	0.67	20.9	8.5	0.0
577	M and B Pie	1.25	24.0	15.8	15.8
578	Beef Striploin	1.32	16.6	28.0	0.0
579	Beef Rump	1.10	18.3	21.4	0.0
580	Beef with Bone	0.99	12.4	21.0	0.0
581	Beef Bones	0.11	1.9	2.0	0.0
582	Beef Steak and Kidney Pudding Ind	0.75	12.8	9.6	11.0
583	Beef Mini Steak Raw	0.94	18.1	12.5	1.5
584	Beef Steak Stew Tinned	0.48	16.0	5.4	0.6
585	Beef Heart Raw	0.44	17.1	3.6	0.8
586	Chicken Whole	0.51	15.0	7.0	0.0
587	Duck Balantine	0.39	14.0	4.2	0.0
588	Ham with Bone	2.07	15.0	49.0	0.0
589	Ham Tinned	0.89	27.1	13.4	0.0
590	Kidney Ox	0.49	17.0	5.3	0.0
591	Lamb Prep	0.76	18.8	11.8	0.0
592	Lamb Chop Raw	1.68	10.6	40.4	0.0
593	Liver Ox	0.58	16.5	8.1	0.0
594	Mutton Leg with Bone	1.05	18.0	20.0	0.0
595	Pork Stuffed	0.91	17.0	12.7	9.4
596	Pork Prep	0.81	20.4	12.6	0.0
597	Pork Leg with Bone	0.80	15.4	14.6	0.0
598	Rabbit Raw	0.51	23.2	3.1	0.0
599	Sausage Black Pudding	1.62	14.1	36.9	0.7
600	Sausage Frankfurter	1.15	9.4	26.6	0.6
601	Sausage Pork Raw	1.37	8.8	28.8	9.8
602	Sausage Beef Raw	1.09	9.9	17.0	18.0
603	Tail Ox Raw	0.68	14.0	11.9	0.0
604	Turkey	0.72	17.0	11.7	0.0
605	Cod Steaks	0.25	13.0	0.7	0.0
606	Cod with Bone Raw	0.21	11.0	0.5	0.0
607	Haddock Raw	0.29	15.9	0.6	0.0
608	Haddock Smoked	0.33	18.0	0.6	0.0
609	Herring Smoked	0.66	20.4	8.4	0.0
610	Kippers Raw	0.92	19.0	16.0	0.0

<i>No</i>	<i>Food Item</i>	<i>Energy Value MJ/100g</i>	<i>Protein g/100g</i>	<i>Fat g/100g</i>	<i>Carbohydrate g/100g</i>

611	Plaice Raw	0.17	8.3	0.9	0.0
612	Blancmange Powder	1.61	10.5	12.1	61.5
613	Brown Sauce Powder	0.46	5.2	2.2	0.0
614	Custard Powder	0.21	0.0	0.3	12.7
615	Jelly Crystals	1.10	6.1	0.0	12.7
616	Lemonade Powder	1.07	2.1	0.0	64.5
617	Mince Meat	0.54	0.6	3.3	25.5
618	Orange Squash	0.58	0.3	0.0	35.8
619	Puff Pastry	1.79	4.9	31.4	34.1
620	Soup Powder	0.45	3.9	2.2	18.9
621	Tomato Puree	0.10	1.0	0.1	5.0

PART 1 - GENERAL

SECTION G

MICROWAVE COOKERY

1. Introduction	7. Factors which influence heating
2. Application of microwave cookery	15. Using the microwave
3. Microwave oven design	

INTRODUCTION

1. Microwaves are electromagnetic, short length, high frequency, radio waves which vibrate at a frequency of two thousand four hundred and fifty times per second. In a microwave oven these waves are generated in a valve known as a magnetron and then directed via a wave guide into the oven where they are reflected around and establish an alternating electromagnetic field. It is an interaction between this alternating field and the food components which generates heat and cooks the food. Microwaves penetrate food and generate heat to a depth of about 25mm then heat is transferred to the remaining areas of the food by conduction and convection and this completes the cooking process. It is important to understand that a microwave oven does not cook or reheat food in the same way as a conventional oven.

APPLICATION OF MICROWAVE COOKERY

2. Microwaves are suitable for cooking, reheating or defrosting foods and will give comparable results in considerably reduced cooking times. They do not however give colour to the cooked surfaces of the food, to achieve this the food must be subjected to a period of conventional cooking, ie grilling or baking in a hot oven. Some microwave ovens have a combined microwave and conventional facility and are known as combination ovens.

3. Reheating chilled and frozen prepared food is greatly facilitated in a microwave oven. All food undergoing this process must be heated to reach a temperature of 70°C for two minutes at its centre and this should be checked with a temperature probe.

4. Defrosting frozen foods is achieved by microwaving for short periods interspersed with periods of rest to allow the heat to penetrate the food by conduction. Modern domestic and industrial ovens normally have a facility which allows automatic programming of this function.

MICROWAVE OVEN DESIGN

5. There are two grades of microwave oven, domestic and industrial:

a. Domestic microwave ovens are usually rated at 650w or below and are frequently equipped with a turntable to help ensure that foods cook evenly.

b. Industrial microwave ovens are rated from 700w to 1400w and are designed and built to more robust electric and mechanical standards to cope with much greater use. They are not equipped with turntables but have fans built into the base or top of the oven, sometimes both. These are known as stirrers and help to achieve an even distribution of the microwaves.

6. Both domestic and industrial ovens usually have variable power control systems. Because microwaves can pass through almost any substance except metal the oven cabinets are metal lined to provide a safe barrier. All models have a tight fitting door which is equipped with a device which automatically switches off the power if the

door is opened. Doors are usually fitted with a glass panel reinforced with metal mesh to prevent microwaves escaping. Because cooking times are extremely critical an automatic timer is essential.

FACTORS WHICH INFLUENCE HEATING

7. In general the lower the rated power output of the appliance, the slower it heats, but it is important to assess the performance of the oven on loads representative in mass of the foods which will be heated in it.

8. The lower the starting temperature, the longer it takes to heat.

9. Although it takes longer to heat dense foods through to the centre, some dense foods can reach high surface temperature very quickly and can be a fire hazard. Each food has a finite depth to which the heating effect of microwaves will penetrate. Beyond this, all heating is by the methods of conduction and or convection.

10. Irregular shapes and large variations in component size should be avoided if consistent reheating/cooking both within and between different batches of a given product are to be achieved.

11. For a given food, the greater the quantity in terms of mass, the longer will be the heating time. The relationship between heating time and increased mass is not generally proportional.

12. Containers either transmit (glass), absorb (some ceramics) or reflect (foil or metal) microwaves. This influences greatly the heating of foods within these packs. The shape of the pack also influences the reheating within the pack.

13. For products which are normally presented moist, covering the product assists faster, more even heating, with greater moisture retention and less likelihood of products being spilled or splattered in the oven.

14. The specific heat of a product is of great influence in product reheating. Those with low specific heat capacity eg oil, although poor absorbers, can reach high temperatures very quickly, whilst high heat capacity materials, even if good absorption, rise in temperature more slowly. Electrolytes, such as salt, can lead to areas of overheating in products and, because of their more rapid absorbance of energy, lower penetration depths into the food.

USING THE MICROWAVE

15. Manufacturers of microwave ovens produce user instructions and recipes written for their own machines and the best results are achieved by conforming with these. All the major oven manufacturers have demonstration units at which courses for microwave cookery are available and attendance on these is very worthwhile.

PART 1 - GENERAL

SECTION H

CHEESE

1. Historical background	Moven
2. Production	Mozzarella
5. Types of cheese	Orkney
Semi hard and hard cheese	Oxford Peat smoked
Fresh and soft cheese	Scottish cheddar
Cream cheese	Sharpham
Acid curd cheese	Somerset brie
Low fat cheese	Somerset cider
Processed cheese	Cheddar
Blue cheese	Stilton
Farmhouse cheese	St Ivel brand
Blended and additive cheese	Swaledale
18. Buying	Tendale
19. Storage	Warkleigh
21. Presentation and service	Wedmore
23. British cheese varieties	Wensleydale
Abbeydale	73. Foreign cheese varieties
Blue Shropshire	Banon
Boston spa village cheese	Bel paese
Caboc	Bergkase
Caerphilly	Bleu de bresse
Cheddar	Boursin or Boursault
Cheddar and scotch	Brie
Cheshire	Camembert
Cornish herb and garlic	Carre de l'est
Cornish pepper	Danbo
Cornish yarg	Danish blue
Cotherstone	Demi-sel
Cottage cheese	Dolcelatte
Crowdie	Edam
Curworthy	Emmenthal
Derby	Feta
Devon garland	Fontina
Dunlope	Fromage de monsieur
Eskdale	Gorgonzola
Feta	Gouda
Gaelic	Gruyre
Gloucester	Halumi
Highland choice	Livarot
Highland herbs	Limberger
Howgate	Molbo
Hramsa	Mozzarella
Ilchester cheese	Munster
Lancashire	Parmesan
Langskail	Petit suisse
Leicester	Pont l'eveque
Long clawson dairy	Port-salut
Lothian	Ricotta
Lymeswold	Roquefort
Melbury	Samsoe
	Saint paulin
	Tilsit
	Tome au raisin
	Trappistenkase

HISTORICAL BACKGROUND

1. Cheese has been valued as a food since before Roman invasion of Britain. It was recognised by the Romans as a valuable source of energy and was provided regularly as part of their soldiers rations. It is likely that prior to this time the ancient Britains made cheese of acid curd origin. Certainly within three hundred years of the occupation cheese making was a well established aspect of agriculture in Britain and was widely available as a popular and nourishing food.

PRODUCTION

2. Cheese is a solid product made from milk. It is produced by coagulating the protein (casein) in milk so that it forms curds, usually by adding rennet* (or a vegetable equivalent extracted from certain fungi) and a “starter” made from a culture or bacteria. After draining off the liquid (whey) the resultant curds are then pressed and formed into the particular shape required for the cheese variety, then stored for ripening. As cheese undergoes the ripening process it changes in taste, texture and appearance and each variety takes on its own special characteristic. Most cheese is made from cows’ milk with a small amount of specialist cheese being made from ewes’ or goats’ milk. The type of milk and also the milk itself, (whether it is morning or evening milk or full cream or skimmed), combined with the different techniques used to separate the curds and whey (solids and liquids) and ripen the cheese, result in the many different types of cheese now available to us.

***Rennet:** A preparation made from the stomach membrane of a calf.

3. Much of the popular cheese varieties we buy are produced in large quantities under factory conditions (Cheddar cheese particularly lends itself to this process) using pasteurized* skimmed, semi-skimmed or whole milk from various sources. They are also available as a “farmhouse” product, made by traditional methods on the farm and using unpasteurized whole milk from a single herd of cattle. The process is the same except that farmhouse is allowed to mature for longer than factory produced cheese, which gives an improved, more mellow flavour and a richer cheese. It therefore follows that farmhouse cheese will often cost more than the factory product.

4. Special varieties from certain areas cannot be produced in large quantities under factory conditions due to local climate seasonal changes and the type of feed required for the animal from which the milk is obtained. These varieties are not available in such quantities as the more popular cheeses and are bound to be more expensive and sometimes more difficult to obtain.

*** Pasteurization:** A process of heat treatment used to destroy bacteria in certain food products, particularly milk, invented by the French chemist Louis Pasteur.

TYPES OF CHEESE

5. **Semi Hard And Hard Cheese.** These are made by removing an amount of whey from the curd. This involves the curds and whey heated then textured and milled. The curds are then cut into blocks and piled repeatedly until the correct acidity is reached.

6. This is done by the process known as “cheddaring”; the cutting, piling and turning causes the whey to drain from the curds to achieve a texture of curd not unlike chicken breast meat.

7. The blocks are then pressed, salted and moulded before being ripened. This process, as the name implies, is used to make Cheddar cheese. The name has also been adopted for the process of making all cheeses manufactured in a similar way. Not all cheeses are “cheddared” and it is this variation of the recipe that gives cheese its different texture and consistency. Hard cheeses often undergo a further heating and shrinking process to remove whey and are then left to mature for longer than semi hard cheeses. Examples are: Semi hard: Cheddar and Edam, Hard: Parmesan and Gruyere

8. **Fresh And Soft Cheese.** True soft cheese is made by coagulating unpasteurized milk with rennet and, before that, a “starter” (a culture or bacteria) which gives the cheese a clean and acid flavour. The cheese is not textured, milled or pressed and they whey is allowed to drain naturally from the curd. The majority of soft cheeses are foreign in origin and are sold either in the fresh state or when fully ripe and mature, when the flavour is strongest. British soft cheeses are usually sold “fresh” or unripe, when they have a milder flavour but can be ripened in the same way as foreign cheeses. Some soft cheeses are made from semi skimmed milk to give a low calorie, low fat product. These cheeses have a smooth, yoghurt like texture and are bland with a slightly acid taste. Examples are: Fresh British: Lymeswold, Foreign: Camembert and Brie, Low Fat: Fromage Frais.

9. **Cream Cheese.** Cream cheese can also be classified as a soft cheese but is best regarded separately due to its particular nature. It is manufactured in a similar way to soft cheese but is made from cream instead of milk. There are two recognized varieties of cream cheese made with either single or double (or, in some cases, triple) cream. A typical cream cheese is a soft bodied, unripened cheese which has a rich, full and mildly acid flavour.

10. It may sometimes have a granular texture but with a buttery consistency and creamy appearance. Usually, it is moulded into small cylindrical, square or rectangular shapes of varying sizes. Cream cheeses are sometimes coated with herbs or nuts or flavoured with liquor, herbs or garlic. Examples are: Single cream: French Demi-Sel, Full cream: Scottish Caboc and French Boursin.

11. **Acid Curd Cheese.** Acid curd cheese is sometimes classed as a soft cheese but the process of forming the cheese is quite different. Acid curdling is brought about by the addition of lactic acid* which reacts upon the protein in the milk. This action yields a curd of high acidity with quick drainage properties and a granular texture. The resultant cheese has a clean, acid flavour and a soft, spreadable quality. Cottage cheese is a perfect example and is made from skimmed milk. After processing, salt, single cream and sometimes herbs fruit and even vegetables are added to alleviate the bland taste and add to the smooth velvety texture of this cheese.

***Lactic Acid:** A clear, odourless, syrupy acid formed in sour milk.

12. **Low Fat Cheese.** Low fat hard cheeses such as Cheddar and Cheshire have been produced in response to the need for fat reduced cheeses which are useful in diets. They are made in a similar way to traditional hard cheeses but with half their fat content and the consequent reduction of calories. Also, vegetable rennet is often used so that the cheese can be used for those on a vegetarian diet. Low fat cheese tends to be mild in flavour and when used for cooking can be improved with the addition of mustard or, longer storage than usual, which will allow the flavour of the cheese to develop and mature.

13. **Processed Cheese.** These are made by combining cheese with a number of other ingredients such as flavourings, herbs, spices and cream and are manufactured using a “melting” process (literally, the cheese is melted then the other ingredients added and the cheese allowed to set to the desired shape). Processed cheeses are mostly sold in portions. They can be either wrapped in foil and shaped into triangles or cubes or, first shaped then thinly sliced and wrapped in pre-portioned packs. They are useful in making sandwiches, as an addition to a packed meal or, as a portion control ingredient for hamburgers and appetizers.

14. **Blue Cheese.** Although not strictly a cheese type, blue cheese varieties are quite different and are best explained in this section. Some cheeses develop veining during the ripening process. This veining is caused by a bacteria in the cheese which may occur naturally or be introduced. The mould induced by the process is a species of *Penicillium roqueforti* and is nowadays incorporated in the milk or the curd during manufacture. The curd is soft and velvety and conditions throughout manufacture and maturing are conducive to the growth of the blue mould which provides the distinctive flavour and character of the cheese. All blue cheeses are pierced with stainless steel needles at least once during the maturation period. This allows air to penetrate into the body of the cheese and mould growth to develop more quickly.

15. **Stilton** is perhaps one of the best known of the blue cheeses. It is the only registered generic variety of traditional English cheese and is made only from whole British milk and produced in the three countries of Leicestershire, Derbyshire and Nottinghamshire.

Even with today's modern methods of production, a perfect Stilton will take four months or more to mature and cannot be mass produced as it needs individual attention, thus production remains traditional and labour intensive. There are many other varieties of blue vein cheese, some of which are: English: Blue Cheshire, Lymeswold, French: Roquefort, Blue De Bresse, Danish: Danish Blue, Italian: Gorgonzola, Dolcelatte.

16. **Farmhouse Cheese.** In Britain, cheeses made on the farm in particular areas have become very popular in recent times. They are sought after for their special qualities and flavour. Some are, in fact, quite rare, as only small amounts are produced and not freely available in supermarkets. However, they can sometimes be found in specialist cheese shops or delicatessens when the search for them is definitely worth it.

17. **Blended and Additive Cheeses.** These are cheeses made from two or more cheese varieties or cheeses that contain an additional ingredient other than cheese. They have been produced to meet the demand for greater variety than the standard produce. Some cheese manufacturers and even some farm producers now market a wide selection of cheeses that are blended with many and various additional food items. Cheese making remains a far from static business, with new varieties coming into production (and some disappearing after test marketing). As an example, a British cheese Company made international headlines when it introduced a Cheddar blended with beer: teetotallers complained it would corrupt the young! This publicity started an export trade that has never looked back.

BUYING

18. When buying cheese, check that it does not look sweaty or excessively runny. Freshly cut cheese should

look fresh with no dried areas or beads of fat on the surface. Cut pre-wrapped cheese should have no evidence of mould, moisture or greasiness inside the packaging. If there is this indicates that the cheese has been stored at too high a temperature. Vacuum packed cheese keeps longer than loosely wrapped cheese and the date code or use-by date will give an indication as to the length of time the cheese may be kept before consumption. If this date code is some weeks ahead it may mean that the cheese is immature and is still to ripen. When buying whole cheeses of hard, semi-hard or soft varieties, the outer crust or rind should be whole and without cracks, dry to the touch and, in the case of most cheeses, of a pleasant light brown or beige to white colour, depending on the variety (the exceptions being those cheeses that are coated in either a coloured wax rind or a cloth).

STORAGE

19. Soft cheeses will not keep for long and are best stored in a refrigerator or a cold place, kept covered and eaten within a few days of purchase. Hard cheeses will keep well in a refrigerator for as long as a month, providing the cheese is in good condition when purchased and is wrapped properly in cling film or foil. Vacuum packed cheeses will keep well, unopened, in a cold place, for several weeks. Freshly cut or vacuum packed cheese which has been opened should be wrapped in cling film or foil. Close wrapping will keep the cheese moist and protect it from absorbing the flavours from other foods but beware of allowing the cheese to become warm when wrapped in cling film as this will induce sweating.

20. Correct refrigeration should not harm the flavour of cheese but will inhibit it, especially if eaten straight from the refrigerator. For dining room service, cheese should be removing from the refrigerator at least one hour before serving to allow the flavour of the cheese to return to normal. Cheese can be frozen but as it is plentiful, reasonably priced and best eaten fresh, it should not be necessary to freeze it. Also, freezing in bulk will take up valuable freezer space best used for those food items that must be frozen. If freezing, the higher fat content hard cheeses, such as Cheddar, freeze better than others. The texture is altered somewhat and cheese becomes crumbly when defrosted. To offset this, allow the cheese to remain at room temperature for 12 hours after thawing before consuming. If freezing for eventual cooking only, cheese is best grated then packed in handy amounts in plastic freezer bags.

PRESENTATION AND SERVICE

21. The variety of cheese and the style of its service will depend very much on the particular function, what type of clientele, any customs or traditions and, last but not least, the type of menu being served. Cheese is a versatile product which can be cut in a variety of ways or styles to show the cheese at its best. Indeed, it can form a very attractive display, cut in different ways and served with various accompaniments such as fresh fruit and different types of biscuits or breads. It can be cut into convenient sized wedges or slices and placed around a display of fruit, or, it can be left whole for slicing and cutting as required; as in the traditional way of serving a whole Stilton or a wheel of Brie. At what point to serve cheese at meal is no longer a case for tradition.

22. The British custom is to serve cheese after the sweet. This gives a savoury end to the meal and, for many, the tradition of serving Stilton with port wine is a most agreeable way to end a meal. The French way of serving cheese before the sweet has become popular in some

circles as it allows the diner to continue drinking red or white wine with the cheese.

BRITISH CHEESE VARIETIES

23. In recent years, cheese manufacturers have expanded the range of their product to now include many blended and additive cheeses. The choice of the cheesemakers art is almost bewildering and the following list of cheeses contains examples of some of the varieties to be found. The list is by no means exhaustive; in fact there are as many, if not more, cheese varieties available as there are days in the year!

24. **Abbeydale.** A factory produced, additive cheese, it is semi soft and flavoured with chopped chives and onions. It is also fat and salt reduced with an increased protein content, which makes it ideal for diet use. Also, from the same factory come: **Grosvenor**, a semi soft cheese, speckled with fresh herbs. **Albany**, the same base cheese as Grosvenor but with the flavour of celery and, **Penmill**, again, the same cheese base but with the addition of crushed peppercorns.

25. **Blue Shropshire.** A farmhouse, blue vein cheese that used to be known by a different name but did not sell well, so the name was changed. Since then it has become more popular and is now made in two creameries in Shropshire, in a similar way to Stilton. The cheese has delicate blue veins running through a cheese which is orange in colour. This orange colouring is achieved by the addition of a vegetable dye, added to the milk at the start of the process.

26. **Boston Spa Village Cheese.** A farmhouse cheese made in the Yorkshire village of Boston Spa, it is made from unpasteurized milk with vegetable rennet added. A smooth cheese with a dry, flaky texture and distinctive flavour.

27. **Caboc.** An ancient cheese originally from the Western Highlands of Scotland. Caboc is a rich, soft, full cream cheese which is pale to almost pure white inside and covered in toasted pin-head oatmeal outside. Best eaten with biscuits and no butter.

28. **Caerphilly.** A moist, white, close textured cheese made specifically from the milk of Hereford cows. It has a mild, slightly salty flavour and is best eaten with biscuits.

29. **Cheddar.** Originally from the area around the Cheddar Gorge, in Somerset, Cheddar cheese is now made world wide and is probably the most popular of all cheeses. Mild Cheddar is between three and five months old, mellow and with a clean flavour. Mature at six months old, it is strong and deep yellow with a fully nutty flavour and a close texture. Imported Cheddar varieties vary from mild (New Zealand and Australian) to strong (Canadian) which is similar to mature English Cheddar in flavour and texture. An all purpose cheese, Cheddar is ideal for cooking or eating with fruit and sweet or savour biscuits.

30. **Cheddar 'n' Scotch.** A blended cheese made from a base of Dunlop and mixed with 'Laphroaig', a 10 year old, single malt Scotch whisky.

31. **Cheshire.** The oldest known British cheese, Cheshire has a savoury, mellow and slightly salty taste with a loose, crumbly texture. There are three types: White Cheshire is really a pale yellow in colour, Red Cheshire in coloured with a vegetable dye and is similar in colour to Red Leicester. Farmhouse Blue Cheshire is

rich and creamy with an open texture and blue veins. Cheshire is excellent for grilling or eating with fruit and biscuits.

32. **Cornish Herb and Garlic.** An additive cheese, it is similar to the Cornish Pepper variety but is mixed with six fresh herbs and with garlic. Hand made.

33. **Cornish Pepper.** An additive cheese, full fat and soft, rich and creamy in texture, it is shaped into small rounds and coated in cracked black pepper. Hand made.

34. **Cornish Yarg.** An additive cheese made with vegetable rennet, it is full flavoured, creamy and with a mould ripened skin which is coated in nettles. When fully mature, the cheese has a delicate texture and subtle taste. Hand made.

35. **Cotherstone.** A farmhouse cheese from Teesdale, Yorkshire, it is made from unpasteurized milk to a very old recipe. It has an open textured white cured with a golden crust and a definite flavour.

36. **Cottage Cheese.** Made from skimmed milk curds, Cottage cheese is low in calories due to its low fat content. It is pure white with a bland flavour but can be purchased containing herbs, fruit or even vegetables mixed with it. It is ideal for diet use or for adding to salads.

37. **Crowdie.** Originally a Highland farmhouse cheese, it is now produced commercially. It is a traditional, skimmed milk, cottage type cheese which has a fresh, soft and curd like appearance with a crumbly texture and mild flavour. It is available mixed with double cream or, for a stronger more savoury taste, can be purchased containing wild garlic. Can be served with fruit, vegetables, meat, eggs or fish and is also popular on oatcakes topped with strawberry jam.

38. **Curworthy.** A farmhouse cheese which is based on a 17th century Devonian recipe. It is made with unpasteurized milk and has a close texture and hard finish.

39. **Derby.** No such a common cheese (and considered by some to be an additive cheese) there are two types of Derby available. Ordinary or White Derby is a close textured cheese which has a clean, tangy and distinct flavour and a honey colour. Sage Derby (the additive variety) has layers of fresh sage incorporated during the cheese making process. It is close textured with a pronounced flavour and plenty of green in the overall colour. Derby does not cook well and is best eaten very fresh with biscuits.

40. **Devon Garland.** An additive cheese from North Devon, it is a mild tasting cheese made into the shape of a wheel which has fresh, mixed herbs running through the centre.

41. **Dunlop.** Unique to Scotland, Dunlop was originally a farmhouse cheese but is now commercially produced. It has a moist texture which is rather similar to Cheddar but is softer with a milder flavour and a pale, butter colour. Good for grilling or eating with fruit and biscuits.

42. **Eskdale.** A farmhouse cheese from the Cleveland district of Yorkshire, it is a soft cheese very similar to the French cheese, Camembert.

43. **Gaelic.** An additive variety, it is a full fat, cream cheese which contains chopped, fresh garlic leaves and is rolled in flaked oats, crumbled almonds and hazel nuts.

44. **Gloucester.** Now properly called Double Gloucester, it is still possible to buy Single Gloucester, which is a cheese made from skimmed milk that used to be known as “hay”, because of its popularity with haymakers. The flavour of Double Gloucester varies according to maturity. It may be mellow and creamy, or, have a distinct “bite” to it. Farmhouse Double Gloucester has a pale, straw colour, is close textured and is made only with milk from Guernsey cows. The factory produced cheeses are more golden in colour due to the addition of an artificial colouring. Double Gloucester is perfect served with crusty bread or with fruit or biscuits.

45. **Highland Choice.** A blended cheese made from a base of Dunlop and mixed with flaked almonds and the famous Scottish liqueur, Drambuie.

46. **Highland Herbs.** A blended cheese made from a base of Dunlop mixed with Scottish mustard and chives.

47. **Howgate.** An additive variety, it is a full fat, cream cheese which is coated in oatmeal.

48. **Hramsa.** The word Hramsa is derived from the Gaelic name for wild garlic, the “all healing herb”. Made from double cream this Scottish, soft cheese is flavoured with the leaves or wild garlic gathered from the woods around the Cromarty Firth. Is best eaten as a dessert cheese with biscuits and no butter.

49. **Ilchester Cheese Co.** Applewood (a smoked Cheddar), Sage Cheddar, Cheddar with port wine and Stilton, five more Cheddar blends and three Double Gloucester blends.

50. **Lancashire.** Originally a farmhouse cheese, it later became a staple food of the mill workers in the cotton towns. White in colour with a crumbly texture, Lancashire has a high fat content which makes it perfect for grating and grilling “au gratin”. It also spreads extremely well, rather like butter. Mild when young, it develops a full flavour as it matures.

51. **Lankskail.** A factory produced cheese similar in texture and taste to Dutch Gouda and coated in a red wax.

52. **Leicester.** Leicester has a rich, russet colour, obtained by the addition of artificial vegetable colouring. It has a granular texture and a medium strong flavour. Some would argue that it is the most perfect cheese for grilling and toasting due to its high fat content but it is equally good eaten with fruit and biscuits.

53. **Long Clawson Dairy.** Huntsman, which contains layers of Double Gloucester and Blue Stilton: Cotswold, a Double Gloucester with chives and onions: Nutcracker, a Cheddar with walnuts: Charnwood, a smoked Cheddar with an outer coating of paprika: Rutland, a Cheddar with beer, garlic and parsley: Cheviot, a mild Cheddar with chopped chives: Windsor Red, a Cheddar marbled with elderberry wine: and Sherwood, a mixture of Double Gloucester and sweet pickle.

54. **Lothian.** A factory produced, mature, soft cheese with a white outer mould similar to French Camembert. Also available from the same source are: **Scottish Camembert** and **Pentland**. All of these cheeses have similar characteristics and can be eaten firm or soft.

55. **Lymeswold.** A creamery made cheese, Lymeswold is a mild, soft white cheese with delicate blue veining and edible crust. It has a similar quality and taste to some of the foreign soft cheeses, with a definite tang to it. Best eaten fresh.

56. **Melbury.** A creamery made cheese, Melbury is a soft white cheese, with an edible crust. Mild and firmer in texture than some foreign soft cheese, it is made in a unique loaf shape.

57. **Morven.** A mild Scottish cheese made in small squares, it has a full flavour and a texture similar to Dutch Gouda. Sometimes available with a flavouring of caraway seeds. Serve with biscuits.

58. **Mozzarella.** With its origins in Italy, Mozzarella is now also produced in England, Wales and Scotland. It is a mellow, compact, curd cheese with a subtle flavour and an elastic quality which is ideal for pizza toppings but is also suitable for other recipes. It can be eaten cooked or uncooked and is available in two forms: the traditional “wet” form, when it is left in its own whey, and a drier form which is vacuum packed for longer life.

59. **Orkney.** Originally made in farmhouses, it is now produced in creameries on the island. It is similar to Dunlop but is made in individual rounds and can be purchased white, coloured or smoked.

60. **Oxford.** A very old farmhouse cheese, recently revived. It is a Cheddar type, full bodied cheese with a smooth texture but with the mellow taste of Cheshire.

61. **Peat Smoked.** A factory produced cheese with a distinctive flavour. It is full fat, soft, mild cheese, individually made and placed on small straw mats, after which it is peat smoked.

62. **Scottish Cheddar.** The factory produced cheese is similar to English Cheddar in every respect and is available in either traditional yellow form or, in the very popular (in Scotland anyway) red form. Farmhouse produced Scottish Cheddar has a very high reputation for quality and taste and is traditionally made and matured.

63. **Sharpham.** A farmhouse cheese made only during the summer months in Devon, it is a semi-soft, ripened cheese made from unpasteurized milk and can be eaten immature or mature.

64. **Somerset Brie.** Made by Lubborn Cheese Ltd in Crewkerne, Somerset, from whole milk to a traditional French method. When mature it has a good tangy flavour.

65. **Somerset Cider Cheddar.** An additive cheese, it has cider added in the initial making process which produces a cheese which is mild flavoured but with a definite tang of apple.

66. **Stilton.** Blue Stilton has a close texture with blue veins running through a rich, creamy coloured cheese which has a strong, tangy and lingering taste. It is at its best between November and April, as that years cheeses made from the best quality milk become mature. White or immature Stilton is freely available and this has a crumbly texture, mild taste and a lack of the distinctive blue veining found in a mature cheese. It may be tempting to do what some feel is sacrilege: namely to “Port” the Stilton (literally soak it in Port wine by boring holes in the tope of the cheese and pour in the Port, over a period of time). However, while this does add a particular flavour to the cheese it also serves to mask the delicious flavour of this “King of Cheeses” and is not recommended. This said, there is nothing quite so fine as a slice of Stilton with butter, biscuits and a glass of Port Wine to round off a perfect meal.

Note: Stilton is surprisingly versatile and can be used for cooking in savouries or quiches, where its particular “bite” provides a delicious alternative to other cheese varieties.

67. **St Ivel Brand.** Cheddar with walnuts, Cheddar pizza style, Cheddar with herbs and garlic, Cheddar with ham and mustard and Double Gloucester with chives and onions.

68. **Swaledale.** A farmhouse cheese made only on a few farms around the village of Grinton in North Yorkshire, it has a soft texture and mild flavour.

69. **Tendale.** A factory produced cheese made in two varieties which taste similar to Cheddar and Cheshire, Tendale has half the fat content, a third less calories and a quarter more protein than normal cheese, which makes it ideal for diet use.

70. **Warkleigh.** A farmhouse cheese made in North Devon, it is a rich, fresh cheese which develops a creamy taste when ripened.

71. **Wedmore.** An additive cheese from Somerset, it can be consumed very soon after manufacture or left to mature for up to three months. Immature it is fresh and milky, with a more pronounced taste when fully ripe. Made into a wheel shape, it has fresh chives running through the centre.

72. **Wensleydale.** An old established cheese dating from Norman times, there are white and blue varieties available. White Wensleydale is close textured, mild and with a honey taste to it. The blue veined variety is soft and close textured, rich and creamy. In the north of England it was traditionally served with apple pie and indeed, makes a good accompaniment to fresh apples. It is also good for cooking or eating with biscuits.

FOREIGN CHEESE VARIETIES

73. There are literally hundreds of foreign cheeses, many of which are imported into Britain to meet the demand and the ever changing tastes of the British public. The continental countries of France, Italy, Germany, Denmark, Holland, Austria and Switzerland have always produced cheeses that are popular in Britain. And indeed, the varieties these countries export include some of the most famous and best liked cheeses in the world. Large imports of Cheddar type, factory produced and other cheeses are also made from Canada, New Zealand, Australia and Southern Ireland, with a small amount of specialist cheeses being imported from Greece. Several of the foreign cheeses do not differ widely in taste from hard or soft British cheeses, while others, especially pungent varieties such as Emmenthal, Gruyere, Parmesan and Tilsit, have a flavour all of their own and cannot be compared. When buying foreign cheeses look for the same quality points expected when buying British cheese.

The following section contains just a small selection of foreign cheeses that are available in Britain now.

74. **Banon.** A pungent tasting cheese from France, originally made only from goats' milk, Banon is now mixed with cows' milk or made exclusively from cows' milk. The cheese is dipped in “eau de vie”, then into rosemary and winter savoury or chestnut leaves which have been soaked in eau de vie. Traditionally, Banon is left to mature for several months in stone jars.

Note: Meaning, literally, “water of life”, eau de vie is the French name given to a number of fruit brandies such as kirsch (cherry), and framboise (raspberry).

75. **Bel Paese.** One of the most famous of Italian cheeses, Bel Paese has an ivory colour and a thin, dark yellow rind. Soft and compact, this cheese has a delicate, slightly salty flavour and is usually served as a dessert cheese, but may also be used in cooking.

76. **Bergkase.** Dull yellow with a dark brown rind, this hard Austrian cheese has a high fat content and a mild, nutty flavour.

77. **Bleu De Bresse.** A soft, creamy, dark veined blue cheese from France made from full cream cows' milk. It has a rich acid taste and is sold wrapped in foil and boxed. When over-ripe it goes salty and dry.

78. **Boursin or Boursault.** Two brand names for the same triple cream cheese from France, it has a soft, thick texture and is flavoured with either garlic, herbs or pepper.

79. **Brie.** A large, round, soft, delicately flavoured pale yellow cheese from France. When fresh, Brie has a creamy white, edible crust which takes on a slightly reddish hue as the cheese matures. One of the world's great cheeses, Brie is made from cows' milk and is at its best fresh cut from the wheel (whole cheese). Brie is fully ripe when the cheese has a consistent texture: when cut or pressed, the cheese should bulge but not run.

80. **Camembert.** A world famous cheese from Normandy, France, Camembert is a round, soft, pale to creamy yellow cheese with a soft edible crust. It has a stronger taste than Brie and is also made from cows' milk. Sold whole in boxes or in individually wrapped portions, the ripeness test is the same as for Brie. Camembert should not be allowed to become over-ripe, when the taste becomes bitter. However, some people think this is an acceptable flavour for eating.

81. **Carre De L'Est.** A square, soft cheese from France that has a high fat content. It is similar to Camembert but milder in flavour.

82. **Comte.** From France, this firm, yellowish cheese is riddled with holes that occur naturally: it is particularly good for cooking.

83. **Danbo.** A mild flavoured, firm textured Danish cheese. When cut it is easily recognized by its regular, even sized holes. Sometimes, it is given an added (and unusual) taste by the addition of caraway seeds.

84. **Danish Blue.** This cheese is also known as Danablu and was invented in 1914, at the beginning of the First World War, when the importation of Italian veined cheeses into Denmark was curtailed. The strong, salty flavour of this white cheese with its close blue veins diminishes as it matures. It has a high cream content and is soft with a slightly crumbly texture.

85. **Demi-Sel.** A small, square, fresh cream cheese from France, Demi-sel has very little salt and tastes almost like cream. Also sold under various other brand names, the very best Demi-sel comes from Normandy.

86. **Dolcelatte.** One of the most famous of Italian veined cheeses, Dolcelatte is off-white in colour and has blue/green veins running through it. It has a full, robust flavour and a creamy, moist texture.

87. **Edam.** This Dutch cheese has a mild flavour and a slightly rubbery texture. It is always encased in a wax rind of either red, for the normal variety, or, green, for the

variety which contains herbs. Edam is not unlike Dutch Gouda cheese in flavour and texture but, whereas Gouda is made from whole milk, Edam is made from semi-skimmed milk.

88. **Emmenthal.** Originally from Switzerland, Emmenthal is now also produced in Germany and Denmark, but there is little difference in the flavour. The best kind of Emmenthal is made from the highest quality milk which produces a cheese which is dull yellow, with naturally occurring holes the size of cherries. It has a distinct nutty taste and is suitable as a dessert or cooking cheese.

89. **Feta.** A Greek semi-soft cured cheese made from ewes' milk. It is white and very salty and is perfect served with fresh salads.

90. **Fontina.** This is produced in the mountains of Northern Italy near the Swiss border. It is a soft, fat cheese, slightly straw coloured with a few small holes. The orange coloured rind is often slightly thicker than on other cheeses. Imitations of this cheese are known as Fontal or Fontinella.

91. **Fromage De Monsieur.** An oval, slightly salty, cream cheese, made in Normandy, France. It has a high fat content and should be eaten slightly under-ripe.

92. **Gorgonzola.** Probably the best known Italian cheese, named after the village of Gorgonzola near Milan. The cheese is made from cows' milk and is straw coloured inside, mottled with green, naturally occurring veins (which can also be introduced with the aid of a culture, passed into the cheese with the aid of copper wires). It has a coarse, brown rind and a sharp, slightly spicy flavour.

93. **Gouda.** A creamy tasting, soft Dutch cheese with a high fat content. Produced in squat moulds, it is golden yellow in colour. Quite a mild cheese, it is not recommended for cooking.

94. **Gruyere.** True Gruyere is only made in the French speaking area of Switzerland but essentially the same cheese is made over the border in France. A firm, pale cheese with small holes and a crinkled, slightly greasy golden brown rind. Excellent as a dessert cheese and for cooking, especially for fondues.

95. **Halumi.** Another of the Greek cheeses, Halumi is similar to feta and is also made from ewes' milk. It is mature after just one month and is best eaten very fresh. Can be sliced and eaten fresh or sliced and grilled, then served with grilled, smoked bacon rashers.

96. **Livarot.** A soft yellow cheese from France. Made from skimmed milk, it has a reddish brown rind and a strong, pungent flavour; similar to Camembert but stronger.

97. **Limberger.** A soft cheese from France made from whole cows' milk, Limberger has a very strong smell and a spicy taste. The rind is brown and shiny and the cheese is bright yellow, close textured and with a few holes.

98. **Molbo.** A mild flavoured, Dutch cheese which has a slightly acid after taste. Close textured with a sprinkling of holes, the cheese is pale yellow with a red rind.

99. **Mozzarella.** Moulded into a flask, egg or ball shape and tied with raffia, this soft, compact cheese from the Neapolitan area of Italy has a thick rind and a slightly sour taste. It is used mainly as an ingredient of pizzas because of its spongy texture. Stored in its own buttermilk, it must

be used fresh and while still wet or it will dry out and become too tough to use. Also available smoked.

100. **Munster.** A semi soft creamy textured cheese with a pungent taste, strong flavour and a reddish rind. Munster comes from the Alsace region of France and is sometimes flavoured with cumin or aniseed.

101. **Parmesan.** Parmesan is another of the better known Italian cheeses and is made from skimmed milk. After a period of drying, the cheeses are given a coating of fume negro, literally, black smoke, which gives the cheese its distinctive outer black coating. It is off white inside with a grainy texture and a strong and fragrant taste. In grated form, Parmesan is a staple of the Italian kitchen being added to soups, polenta (a type of porridge), vegetable dishes and most pasta dishes.

102. **Petit Suisse.** A very creamy cheese from France made from whole milk and extra cream. It has a faintly sour flavour and is often eaten with sugar. Sold in little, individually wrapped rolls.

103. **Pont L'Eveque.** A square, semi soft, pale yellow cheese from France. It has a pale crust and a rich, Camembert like flavour.

104. **Port-Salut.** A semi-hard yellow cheese from France. It has a reddish rind and a bland taste which becomes stronger as the cheese ages.

105. **Ricotta.** A soft, bland, Italian cheese with a distinctly ridged rind. Made from sheeps' milk and with a low fat content, it is particularly useful in dishes such as lasagne.

106. **Roquefort.** A crumbly, blue cheese from France with a salty but piquant flavour. Roquefort is made from ewes' milk curds which are sprinkled with breadcrumbs that have been specially treated with a particular mould culture that produces the characteristic green veins found in the cheese. The cheese is ripened and matured in limestone caves.

107. **Samsøe.** A mild flavoured Dutch cheese with a sweet, nutty flavour, yellow colour and firm texture with shiny round holes.

108. **Saint Paulin.** A semi hard cheese from France with a yellow colour and bland taste, similar to Port-Salut.

109. **Tilsit.** Originally made by Dutch letters in East Prussia, this German cheese is also produced in Switzerland and Scandinavia. Tilsit is a savoury, straw coloured slicing cheese, easily recognized by its loaf shape and small, irregular holes. It has a sharp, slightly sour taste.

110. **Tome Au Raisin.** A white, slightly chewy, semi hard and strong flavoured cheese from France. It is coated with a mixture of dried black grape skins and pips.

111. **Trappistenkase.** Pale yellow inside and with a rich yellow rind. Trappistenkase is a mild flavoured, semi soft German cheese made in loaves or bars. It has a firm consistency with round or slitted holes.

PART 1 - GENERAL

SECTION I

Raw Meat Preparation

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2. Storage	quarter of beef
3. Defrosting	26. Dissection and preparation of forequarter
5. Equipment and its uses	of beef
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12. Bacon	29. Dissection and preparation of lamb
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20. Dissection of carcass meat	

INTRODUCTION

1. The main essentials in ensuring correct raw meat preparation practices are cleanliness, receipt, proper storage, preparation and accounting for meat by weight.

STORAGE

2. Raw meats should be stored in accordance with the following guidelines:

a. **Storage of Carcass Meat (Frozen).** Frozen carcass meat. Meat arriving at the butchery should be hung on rails well away from walls, or laid on pallets in a temperature of minus 20°C, wrapped in polythene to prevent freezer burn.

b. **Storage of Carcass Meat (Fresh).** Fresh carcass meat should be hung in a refrigerator at a temperature of 4°C. Drip trays should be placed underneath the carcass and the wrappers removed. Fresh carcass meat can be held for up to ten days after slaughter before cutting up.

c. **Storage of Boxed or Pre-Jointed Meat.** Boxes of prejointed meat should be stored in a deep freeze at minus 20°C. Space should be left between boxes and stored loose must be completely wrapped in a suitable material to avoid freezer burn.

DEFROSTING

3. Carcass meat must be thoroughly defrosted before being cut into joints. This process should be carried out gradually in a cool, well ventilated place at a temperature not exceeding 10°C. On no account should frozen meat be cut up except where a band saw is used nor should it be defrosted by immersion in water. Nutritive juices will be lost, leaving a tough rubbery substance with little taste. Also such action can provide ideal conditions for the growth and spread of bacteria.

4. During the defrosting process blood loss necessitates drip trays being placed under the meat. In addition, the meat should be wiped down occasionally with a sterile cloth. Pre-jointed meat, should be removed from the box, unwrapped and defrosted at a temperature not exceeding 10°C.

Note: The following are the approximate defrosting times at 10°C:

- a. Carcass of Lamb or Side of Port between 12 and 24 hours.
- b. Hindquarter/Forequarter of Beef - 48 hours.
- c. Turkey 8 kg size - 48 hours.
- d. Joints per 1 kg - 6 hours.

EQUIPMENT AND ITS USES

5. Meat preparation departments should be equipped to a scale which includes knives and other butchery implements. In cutting and preparing meat to the best

advantage the correct tools are essential: each piece of equipment is designed to do a particular job. Some examples of equipment found in a butchery department are as follows:

a. Knives and Saws

(1) Boning Knife. A short, narrow, stiff bladed knife used for cutting close to, and separating flesh from, the bone.

(2) Steak Knife. A long, wide bladed knife used for cutting, slicing and dicing of meat up to 25cm in depth.

(3) Tenon Saw. A wide, solid bladed saw with fine teeth used for sawing surface bones.

(4) Bow Saw. A narrow bladed, bow shaped saw with medium sized teeth used for cutting deep seated bones under a layer of flesh.

b. Electrical Equipment

(1) Steak Tenderiser.

(2) Knife Sharpener.

(3) Band Saw.

(4) Mincer.

c. Other Items

(1) Butchers Steel. Used for boning the cutting edge of knife blades at regular intervals during the cutting process.

(2) Butchers cleaver.

(3) Wet stone wheel.

(4) Meat bat. Used for tenderising or flattening cuts of meat.

SAFETY

6. The application of, and adherence to strict safety rules in the meat preparation department is of paramount importance. The department uses a variety of equipment which, if handled incorrectly or inexpertly, can have very serious consequences. For this reason, there are rules for the handling of sharp and potentially dangerous implements.

7. The following are some guidelines for the care and use of knives which can also be applied to other sharp implements.

a. Cutting edges of knives are easily dulled therefore they should not be kept in a drawer with other tools.

b. Knives should be stored on a magnetic rack with the point downwards.

- c. Use each knife for the purpose for which it was designed.
 - d. Wash knives or any sharp implement separately and never leave it in a sink with other equipment.
 - e. Hold a knife firmly either when cutting meat or sharpening the knife.
 - f. Never attempt to catch a falling knife, let it drop, then pick it up.
 - g. Keep handles of all tools clean and free from grease or wet.
 - h. Never carry a knife when using both hands to carry other objects.
 - i. Never joke or fool around when using cutting tools.
 - j. Never carry cutting tools in the pockets of clothing or in the waistband of an apron. Knives should be carried point down with the blade facing the rear.
 - k. Always sharpen correctly with either a steel or a sharpening stone.
 - l. Never use undue force with a blade or saw as it may slip and cause an injury.
8. Sharp knives are essential for efficient work. Knives should never be sharpened on a power driven dry stone as the heat generated will remove the temper from the cutting edge. A grind stone or wet stone should always be used. After the knife has been sharpened on a stone it should be finished or honed on a steel. The technique for handling a steel and sharpening a knife is as follows:
- a. Hold the steel firmly in the left hand with the thumb on the top, 25mm away from the guard and angled slightly away from the body.
 - b. Place the heel edge of the blade against the far side of the tip of the steel. The steel and the blade should meet at a slight angle, about 15 degrees.
 - c. Bring the blade down across the steel towards the left hand with a swinging motion of the right wrist and forearm. The entire blade should pass over the steel.
 - d. Bring the knife into position again but with the blade against the near side of the steel. Repeat the same motion passing the blade over the steel.

Note: The sharpening process is the same for left handed persons: simply hold the steel in the right hand and the knife in the left.

9. If a knife has been cared for, a minimal amount of alternating strokes should true the edge. An uncared for knife will take longer to sharpen and will also need more frequent sharpening, thus wearing it more quickly and shortening its useful working life.

10. Stainless steel implements require little maintenance after washing, simply ensure they are dry then store them as recommended. Carbon steel knives and implements require a little more care after washing. They should be dried thoroughly then smeared with a thin layer of edible oil to prevent rusting. Before use, remove the protective oil layer.

11. Equipment manufacturers instructions are supplied with each piece of static mechanical or electrical machine. These should be displayed by each machine and followed in every respect. Guards and other protective items are installed to help make machinery safe to use, removal of these items before and during use may render a machine dangerous. Once an operator uses such machinery for purposes beyond those for which it was designed and when safety devices are removed, a potentially dangerous situation exists. The following safety rules can be applied to all types of machinery:

- a. Always keep guards in place.
- b. Stop machinery before making any adjustments.
- c. Inexperienced persons should be trained before being allowed to use any machinery.
- d. Instruction should only be given by a suitably qualified and registered instructor/operator.
- e. Machinery should be unplugged or isolated when being cleaned or when it is out of use.
- f. Do not wear loose clothing when operating machinery.
- g. Follow the manufacturers instructions for operating, stripping, re-assembly and cleaning.
- h. Use only for its designed purpose.

BACON

12. Bacon supplied for Service use normally comes from the UK, Denmark and the Republic of Ireland. All is of good A1 quality.

13. Bacon is produced from fresh port and preserved by curing with brine. The brine is a salt solution containing permitted preservatives which colour and flavour the meat. Bacon today only contains about 4% salt content. It is for this reason that bacon must be treated as a perishable item and kept under refrigerated conditions. There are two main types of bacon available:

Green

Sides which have been cured in brine - 28-31kg.

Smoked

A Green side which has been smoked - 25-28kg.

14. The majority of bacon is pre-joined or vacuum packed and is available as follows:

- a. **Fore-ends.** Whole by number, collar and fore hock together.
 - b. **Back.** Sliced, in packs of 1.5 kg to 2.5 kg.
 - c. **Streaky.** Sliced, in packs of 1.5 kg to 2.5kg.
 - d. **Middle Cut.** Sliced, in packs of 1.5 kg to 2.5 kg.
 - e. **Gammons.** Whole, in numbers by individual weight.
15. If bacon is received in sides the guidelines below should be followed:

- a. **Gammon.** Measure the width of one finger below the exposed end of the thigh bone, cut clean across the flesh with a sharp knife.
- b. **Fore-end.** Make a cut parallel to the last at the gammon end between the fourth and fifth ribs. Saw through the ribs then cut through the flesh with a sharp knife.
- c. **Collar.** To separate the Fore-end into Fore-Hock and Collar, feel for the end of the upper fore-leg bone and at this point, parallel to the back, saw through the ribs then cut through the flesh with a sharp knife.
- d. **Back and Streaky Middle.** To separate the middle, take a point between the two eyes of meat at the gammon and from that point, saw through, parallel with the back. Cut through the flesh with a sharp knife.

16. These cuts will then give the following joints, the preparation and uses of which are also briefly described:

- a. **Gammon.** Tunnel through the flesh to remove the thigh bone and patella then remove the shank bone. Roll and tie for boiling or cut into steaks or rashers for grilling and frying.
- b. **Fore-end**
 - (1) **Collar.** Remove the rib bones and use for boiling as a joint or cut into steaks or rashers for grilling and frying.
 - (2) **Fore-hock.** Remove the bone, roll and tie for boiling. An economical way of using this joint is to remove the rind after cooking then press the meat and serve it cold.
- c. **Back and Streaky.** Remove the rib bones and rind then slice into rashers for grilling or frying.

17. When slicing by hand do not remove the rind. Cut down evenly to the rind which will serve to hold the rashers firmly. When a number of rashers have been cut they can then be easily removed by slicing with a knife underneath them.

18. Rashers cut with a machine should be stacked in even piles as they come off the machine for ease of checking and issuing.

BEEF

19. All Service supplied ox or steer beef is frozen and is usually directly issued by designated contractors to units by unit demand. It should be of good average quality (GAQ) either fresh, chilled or frozen.

20. Good average quality beef has been killed when the beast was from two to four and half years old. It should have a fresh, red appearance with a fair covering of outer fat without being excessive. The meat itself should have what is known as a marbled effect: that is that the meat is flecked or marbled with fat. A good hindquarter should weigh between 54kg and 82kg.

21. The majority of beef issued to the services is frozen pre-jointed (pj) or boxed/preboxed meat. A description of pre-jointed/pre-packed beef is as follows:

<i>Box Description</i>	<i>Actual Cut</i>	<i>Uses</i>
Insides - "INS"	Topside	Roasting, Braising
Outsides - "OUTS"	Silverside	Braising, Stewing, Pickling
Knuckles	Thick Flanks	Roasting, Braising, Stewing
Striploin	Striploin	Roasting, Grilling, Frying
Sirlion	Loin, Bone in	Roasting
Rolled Sirloin	Loin, Boneless Rolled	Roasting, Grilling, Frying
Tenderloin	Fillet	Roasting, Grilling, Frying
D-Cut	Rump	Roasting, Grilling, Frying
Pony/Ponies/ Crop	Chuck and Blade	Stewing, (Mince and Dice)

Note: First quality ox or steer beef has a blue stamp on the box, second quality has a red stamp on the box.

DISSECTION OF CARCASS MEAT

22. In the event that carcass meat is in issue and there is a requirement to dissect the meat, the following information will be found useful. The first step in the preparation of meat for cooking is the dissection of the carcass once it has been correctly defrosted. It is important that waste be avoided and that meat and its valuable by-products should be used to the best advantage. For good dissection a set method and order of cutting is necessary. In dissecting meat all cuts must be clean and squarely made. In preparing joints for cooking they must be cut in accordance with their cooking uses. All bone, skin and gristle must be removed where required and the fat content adjusted on all joints and stewing meat. Oven space and cooking apparatus must be taken into account when deciding the size of the joints, which should be

regular in size and thickness and tied with string to ensure correct size and shape. Steaks must be seamless and of equal thickness and size. All these points must be considered before beginning the dissection.

DISSECTION OF HINDQUARTER OF BEEF

23. The hindquarter is divided into seven joints and the cutting sequence is as follows:

a. Removal of Suet

(1) First remove the kidney knob and rump suite by making a light incision where the suet joins the backbone, taking care to avoid cutting the fillet underneath.

(2) Grasp the end of the kidney knob and pull away from the flesh. Remove the rump suet, cut along the rump bone and lift out the suet through the natural seam.

Note: The kidney knob and rump suet are normally removed at the slaughterhouse or abattoir.

b. Cod Fat and Thin Flank

(1) Take a line at right angles to the round end of the aitchbone. Where this line meets the cod fat, cut into the cod fat at an angle towards the thin flank until a seam is reached which separates cod fat from the thick flank. Cut down along this seam and lay back the cod fat.

(2) At the wing end, take a point, equal distance of fat to the eye of meat and carry this line down parallel to the backbone. Saw through the ribs.

(3) Grasp the cod fat with the hand, cut from the part where the cod fat was laid back, following along the guiding line and detach the joint.

(4) The cod fat is then separated from the thin flank by cutting down through the seam on either side of the cod fat leaving all flesh attached to the thin flank.

24. The hindquarter can then be divided into two parts:

a. Rump and Loin.

b. The Top Bit.

To do this:

(1) Take a point three fingers' width from the round end of the aitchbone, and three fingers' width from the end of the rump bone. Connect these two points together with a straight line.

(2) To make the separation, cut through the flesh with a large knife, saw through the bone, finally dividing the hindquarter with a long cut.

c. Loin and Wing End, Rump and Fillet.

(1) To separate the rump and fillet whole from the loin and wing end, cut through the pad that separates the straight loin bone from the angle rump bone.

(2) Saw through the backbone and cut through the flesh then with a large knife, cut through the flesh from the same cut on the backbone keeping the knife hard against the rump bone.

Note: The fillet may be removed separately before the removal of the rump from the loin and wing end.

d. The Shank

(1) Place the top bit firmly on the block with the shank overlapping. Open the stifle joint with the point end of a small knife. This joint is found by backward movement of the shank.

(2) Sever the ligament which holds the bone in position and then cut clean across the flesh with a large knife in a parallel line to the base of the top bit.

(3) Remove the aitchbone cleanly without cutting into the flesh.

e. Thick Flank

(1) It will now be seen that with the removal of the shank and the aitchbone, both ends of the thigh bone (marrow bone) are exposed

(2) Take a point at the middle of the exposed ends of this bone. Connect these two points together in a straight line, cutting clean through the flesh down to the bone.

(3) Pick up the skin surrounding the bone with the fingers until the seam or pocket is reached underneath the bone. Open this pocket to its fullest extent, cutting into the seam.

(4) Finally, cut through the skin to remove the thick flank just below the gristle.

f. Topside. Silverside

(1) Place the remaining two joints bone down on the block with the shank end facing away.

(2) Look for the lean eye of meat on the shank end which is immediately above the bone. Push the eye of meat towards the silverside then cut through the natural seam down towards the bone.

- (3) Finally, remove the topside from the bone leaving the silverside attached to the bone.

25. Uses of cuts of meat from the hindquarter.

<i>Joint</i>	<i>Class</i>	<i>Preparation</i>	<i>Uses</i>
Cod Fat	Unclas	This may be cut into thick slices and flattened out for covering lean joints.	Rendered for first class dripping
Think Flank	2nd	Remove the skin surplus fat then cut into disc.	Casserole Stewing
Rump and Fillet	1st	Remove the fillet, remove the bone from the rump. Cut into joints or into steaks.	Roasting Grilling Frying
Loin and Wing End (Sirloin)	1st	Remove the fillet and backbone. Place the sirloin flesh downwards on the block. Carefully lay back the thin covering of fat to a depth of 10cm. Remove the fat, trim any surplus fat from the underside, roll and tie with string. Cut into joints or into steaks.	Roasting Grilling Frying
Shank	3rd	Remove the bone skin, gristle and surplus fat. Dice or mince the meat.	Stewing Beef Tea
Thin Flank	1st	Remove the outside skin, cut the meat lengthways into two pieces. For joints: adjust the fat then tie with string. For Beef olives: cut into scallops 5mm thick. For stewing steaks: separate the muscles through the natural seams, cut into steaks.	Roasting Braising Stewing
Topside	1st	Remove the dark muscle which lays on top of the flesh. Carefully scythe with a large knife half the thickness of fat and lay back over the exposed flesh. Cut lengthways into two or three joints, adjust the fat, tie with string.	Roasting Braising
Silverside	2nd	For braising: remove the deep inset gland, cut lengthways into two. Adjust the fat and tie with string. For stewing: separate the two muscles through the natural seam and cut into steaks.	Braising Stewing

DISSECTION OF FOREQUARTER OF BEEF

26. The forequarter is divided into eight joints and the cutting sequence is as follows:

a. **Dislocation of Shin Joint**

(1) Place the forequarter on a block with the rib bones facing down. Run the thumb up the centre of the shin to locate the bone, from that point make a small cut 25cm above the bone.

(2) On the outside of the shin bone there is a bone protruding out. From a point just above that bone, make a mark in the shape of a letter S, to run into the previous cut.

(3) Dislocate the joint by pressing towards the head end and downwards. **DO NOT REMOVE.**

(4) Turn over the forequarter so that the rib is uppermost.

The forequarter can then be divided into two parts:

- a. Neck Half.
- b. Breast Half.

To do this:

(1) Measure an equal proportion of fat and lean on the rib end and make a mark.

(2) Measure three fingers width from the backbone on the first rib at the neck end and make a mark. Connect these two points together for a guiding line.

(3) Saw through the rib bones with a saw from the neck end. Cut through the flesh from the rib end until the ball and socket joint at the neck end is reached.

(4) Open this joint with a small knife, cut through the flesh to complete the separation of the rib and breast halves.

b. **Shin**

(1) Place the breast half on the block, flesh part uppermost and remove the shin.

c. **The Leg of Mutton Cut**

(1) Lift the exposed end of the upper fore-leg bone and cut along the seam found immediately underneath.

(2) Open this seam to its fullest extent and cut away the leg of mutton cut from the brisket.

d. **The Plate. The Brisket**

(1) To separate these two joints, count six ribs from the neck end and cut between the sixth and seventh ribs.

(2) At this point it is normal to be able to cut clean through with a knife. However, with older animals it may be necessary to use a saw to cut through the cartilage.

e. **The Fore Rib**

(1) Place the neck half, bone uppermost on the block.

(2) Count six ribs from the neck and saw through the backbone between the sixth and seventh ribs.

(3) From this point and using a large knife, cut squarely between the bones to remove the forerib.

f. **The Middle Rib**

(1) For this joint count three ribs from the neck end and saw through the backbone between the third and fourth ribs.

(2) Cut squarely through the flesh until the blade bone is reached.

(3) Saw through the bone, finally cutting through the flesh underneath. Scrape away any bone dust from the flesh.

g. **The Chuck Rib. The Sticking Piece**

(1) To separate the chuck rib from the sticking piece, make a cut at the socket end of the blade bone in line square from the previous cut. Saw through the backbone.

(2) Finally separate the two joints by cutting through with a large knife.

SECTION I

<i>Joint</i>	<i>Class</i>	<i>Preparation</i>	<i>Uses</i>
Shin	3rd	Remove the bone skin and gristle, cut the meat into dice.	Stewing Pies Beef Tea
Leg of Mutton	2nd	Remove, the bone, gristle, and surplus fat, cut the meat lengthways into two, adjust the fat and tie with string or cut into dice or steaks.	Braising Stewing
Plate	2nd	Remove the bone, skin, gristle and surplus fat, roll and tie with string or cut into dice.	Braising Stewing Pickling
Brisket	2nd	Remove the bones and surplus fat from around the sternum bone. Lay back the first of two layers of lean meat. Remove the fat which lies between them. Roll the meat and tie it into joints.	Braising Pickling
Fore Rib	1st	Method 1: Remove the bones with a small knife. Cut away the muscle end of the blade bone lying between the flesh. Cut away the thick pad of gristle running along the back. Remove any surplus fat, roll the meat and tie it with string. Method 2: Saw at an angle towards the backbone on the end of the ribs to separate the chine bone. Do not cut this bone away from the flesh Remove the pad of gristle from the back and also the gristle end of the blade bone from the flesh. Tie the meat with string. When cooked, the chine bone easily separates from the flesh.	Roasting
Middle Rib	2nd	Remove the blade and rib bones, cut away the pad of gristle from the back. Separate the joint into two parts: top ribs above the blade bone, bottom ribs below the bone. Roll each piece, adjust the fat and tie with string.	Roasting Braising
Chuck Rib	2nd	Remove the blade and rib bones, cut away the pad of gristle from the back. Separate the top ribs above the blade bone and tie the meat with string. For bottom ribs cut into two lengthways at an angle through the eye of meat to make two joints of approximately equal weight. Tie with string.	Roasting Braising
Sticking piece	3rd	Remove the seven neck bones, trim off any gristle or dark coloured flesh and cut the meat into dice.	Stewing

LAMB

28. All Service supply lamb is issued chilled or frozen. It should be of good average quality (CAQ).

Most of the lamb supplied for Service use is either home produced or imported frozen from New Zealand and Australia. Lamb is slaughtered before it is one year old. It is particularly tender and all joints can be roasted. Mutton is the meat of older sheep and can be quite tough. For this reason it should only be used for boiling or braising. The meat of lamb should be lean and fine grained, firm and pinky brown. Fat should be crisp, creamy white and quite dense. Weights of carcass lamb can be from 11kg to 18kg depending on the breed.

The majority of lamb issued to the Services is frozen prejointed (PJ) or boxed/pre packed meat. Boxes will state on the outside exactly the nature of the contents and are normally packed as pre-cut joints. A blue colour code or tag on the box will indicate first class meat.

DISSECTION AND PREPARATION OF LAMB

29. The carcass is divided into six joints and the cutting sequence is as follows:

a. **Division of the carcass**

(1) Divide the carcass into two, halving the haunch and trunk by first opening its gristle pad on the backbone at a point where the backbone joins the tail bone.

(2) When the cartilage is severed, cut clean through the carcass at this point with a long knife.

b. **The Shoulder**

(1) To remove the shoulder, make a mark between the sixth and seventh rib at the base of the blade bone.

(3) Cut across the carcass, severing the cartilage end of the blade bone to the centre of the neck.

(4) Place the carcass on its back with the shank towards the cutter. Force the knife down to the rib bones, detaching the flesh to the centre of the shoulder, peel out through the natural seams and detach at the neck end.

c. **The Saddle**

(1) Take a point equal distance of fat and lean at the haunch end, cut down either side of the breast parallel with the backbone and sever the last rib bone.

(2) Lay back the breast and cut down between the twelfth and thirteenth rib bones. Sever the gristle pad with a knife and detach the saddle.

PART 1 - GENERAL

SECTION J

Home Freezing

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2. Effects of freezing on food	30. Food freezing
5. The Freezer	46. Freezing miscellaneous items
15. How to freeze	57. CHART - high quality storage life
21. Packaging	

INTRODUCTION

1. Freezing is a quick and easy way to preserve food. Most foods, including cooked dishes can be frozen so that they retain their original flavour and texture and home freezing can realise many benefits the most notable being:

- a. Bulk purchase and freezing of items particularly meats and vegetables.
- b. Quick availability of pre-cooked dishes.
- c. Freezing of produce straight from the garden.
- d. Buying and freezing of seasonal goods when they are cheapest.

EFFECTS OF FREEZING ON FOOD

2. Most foods have a large water content, even meat contains about 70% water. Freezing converts this water to ice crystals and if food is frozen quickly, tiny ice crystals are retained in the cell structure. When thawed, the structure will remain undamaged and the food value remain relatively unchanged. Alternatively, slow freezing results in large crystals which cause cell damage and a loss of nutrients on defrosting. As a result of this, it is possible to distinguish between quick and slow frozen foods; slow frozen foods will show a loss of texture, colour and flavour once thawed. Foods with a high water content and delicate structure such as soft fruits and some soft vegetables may not freeze successfully if rapid and careful freezing is not carried out. Because of their composition, the crystal formation will break down their cell structure more easily.

3. The success of freezing as a method of food preservation depends on the fact that low temperatures destroy some micro-organisms and prevent the growth of others. However, enzymes, chemicals naturally present in food which cause the destruction of nutrients, texture and colour are not destroyed by freezing but are slowed down and become dormant. Also, bacteria cannot multiply in or on frozen food, so there is no real danger of food becoming a health hazard, no matter how long it is stored. In spite of this, freezing does not kill bacteria and food contaminated before freezing will still be contaminated after it has thawed. Bacteria will develop in any perishable foods that are allowed to thaw and then kept at incorrect temperatures rendering them a health hazard.

4. Different foods will have different recommended storage times. These are determined by the length of time they can be stored frozen without any detectable change in food value, taste, colour and texture. They can be stored longer than the recommended times without becoming harmful to health, but the flavour and texture will not be as good.

THE FREEZER

5. There are various types of freezer available and each type has some advantages and disadvantages.

6. **Upright freezers.** These range in size from small, table-top models to large floor standing types. They take up less floor space than chest freezers, are easy to load and

unload but require more frequent defrosting. Frost free models are available but these cost more to purchase and to operate than conventional models. Upright freezers are fitted with sliding, pull out baskets which makes loading and unloading easy. The front of each basket has a hinged flap which helps to keep warm air out when the freezer is open. The capacity of an upright freezer is less than that of a similar sized chest freezer, the space being reduced by the basket runners and the way the baskets are stacked on shelves.

7. **Chest freezers.** These are cheaper to buy and operate than upright freezers. More food can be fitted into the same amount of space since small items can be packed around large ones, unrestricted by shelves. They do, however take up more floor space and can be more difficult to keep clean and well organised.

8. **Combination fridge freezers.** These combine a refrigerator and a freezer, one above the other, in a single unit. They have the space saving advantage of the upright freezer but, as freezer storage space is restricted to a smaller area half the size of the unit, they are only suitable for small domestic kitchens.

9. **The star system** A freezer used for home freezing must carry a four-star symbol which indicates that it is capable of freezing fresh food. An appliance with three stars or less is suitable only for storing foods obtained ready frozen. The star system works as follows:

- * Storage for 1 week at - 6C
- ** Storage for 1 month at - 12C
- *** Storage for 3 months at - 18C
- **** Suitable for freezing unfrozen food at - 18C constant, without detriment to food already frozen.

10. The 4 star symbol indicates that the freezer has a food freezing capability and manufacturers will state in their instructions the maximum weight of food which can be frozen in a 24 hour period. Freezers with this symbol should also have a "fast freezing" facility. This enables the freezer temperature to be quickly reduced below - 18C for fast freezing of foods.

11. **Defrosting.** Upright freezers will need defrosting two or three times a year, chest freezers once or twice at the most. As a guide, defrost when the frost on shelves or walls reaches a thickness of 0.5cm. Follow manufacturers instructions as the procedures vary with different models. Defrost when stocks are low and try to select a cool day as this will assist in the conservation of food removed from the freezer whilst defrosting. Wrap the contents of the freezer in newspapers, towels or blankets and place them into a refrigerator if possible.

12. **Do not** use metal scrapers to remove ice as these can damage the casing or internal freezer tubes. Allow the freezer to defrost naturally and as the ice melts, ease it free with the aid of a plastic spatula. Bowls of hot water can be placed in the freezer to speed up the process and as the ice melts it should be removed.

13. When the freezer is free of all frost, ice and water it should be cleaned with a solution of bicarbonate of soda

and warm water. A ratio of 20g of bicarbonate to 1 litre of warm water is sufficient. Do not use disinfectants, soaps, strong household sodas or abrasive cleaners to clean a freezer. All these agents will cause damage or taint to the inside of the freezer cabinet. When the freezer is clean, dry it thoroughly before switching it on again. The use of the fast freeze facility will quickly bring the cabinet to the required temperature.

14. Power cuts. Most power cuts do not last long and the food in the freezer should be safe. If there is an advance warning of a power cut, turn on the fast freeze and make sure the freezer is as full as possible. Fill any gaps with paper, towels or plastic boxes filled with cold water. Cover the freezer with rugs or blankets to increase insulation but make sure the condenser pipes on the back are left uncovered. Do not open the freezer door during the power cut as this will let in warm air. After the power has been restored, leave the fast freeze on for at least 2 hours. Food left in a chest freezer should remain frozen for about 48 hours if advance warning was given and 35 hours if there has been no warning. An upright freezer will keep contents safe for about 36 hours with advance warning or 30 without.

HOW TO FREEZE

15. Try not to freeze more than one tenth of the freezer's capacity in any 24 hour period, otherwise heat will be absorbed by the other frozen contents. The use of the fast freeze switch will override the thermostat and allow the temperature in the cabinet to fall below the normal thermostatically controlled temperature of - 18C. Fast freezing at lower temperatures will allow the formation of smaller ice crystals. Reducing the temperature will also allow food already in the freezer to become colder and will mean that it will be less affected by the increase in temperature when fresh food is added. Allow about 6 hours at fast freeze before putting fresh items in the cabinet, then leave it on for between 12 to 24 hours to freeze the food. It is possible to freeze without a fast freeze but the food will be of inferior quality when defrosted.

16. Freezing solids. Package solids tightly to expel as much air as possible. Wrap in freezer wrap or foil. If partly filling a rigid container pack the vacant space with crumpled foil or paper. If possible, avoid partly filled containers as they are wasteful of energy.

17. Freezing liquids. Liquids expand by one tenth when frozen, so it is essential to leave at least 1cm of "head space" in a container holding 300ml and about 2.5cm in a container holding 600ml. Unless room is left for expansion frozen liquids or items frozen in a liquid will push off their container lids.

18. Freezing combined solids and liquids. Combined solids and liquids such as stews, casseroles or fruit in syrup should have a layer of liquid on the top. Remember to leave a head space. Solids will naturally rise to the surface of liquid and to prevent this, an inner covering of foil can be used to cover the solid, then the container topped up with liquid.

19. Pre-forming. This method is ideal for storing liquid foods such as purees, casseroles and stocks. The liquid is placed in a container which is lined with a polythene bag, the item is then frozen. Once solid it can then be removed and packed in the freezer, freeing the container for further use.

20. Open freezing. Foods may be frozen, on an open tray without covering. Iced cakes, pies, vegetables and soft fruits such as broccoli and raspberries particularly benefit from this process. They can then be packed when frozen solid. This will mean that the vegetables and fruits will be free flowing and will retain shape and texture better when defrosted.

PACKAGING

21. Good packaging is important if frozen food is to remain in good condition. Badly packed food will dry out and will lose vital water content. White patches (freezer burn) will appear, especially on meats, denoting a loss of liquid content due to direct contact with frost in the freezer. Strong smelling foods tend to transfer their odours to other foods and will need special attention when freezing. Any food that is to be stored for an appreciable period of time must be well wrapped since it is likely to be move around the freezer frequently. When choosing packaging materials, consideration should be given to whether the food will be thawed or re-heated in a microwave cooker. Anything packed in foil must be transferred to a suitable "microwave safe" container.

22. Polythene bags and sheeting. These can be of heavy or thin gauge, depending on their intended use. This gauge sheeting is more suitable for over-wrapping. When bagging, remove as much air as possible before sealing then tie with a bag twist or seal by applying heat. Self sealing bags of assorted sizes are also available and are particularly useful.

23. Cling film/Freezer wrap. Plastic film or wrap is very useful when packing food for the freezer. It can be used as a lining or for wrapping single portions that are to be bagged up in bulk then removed individually.

24. Foil. This is ideal for wrapping awkwardly shaped items as it can be moulded closely around the food to exclude air. Single or double layers can be used depending on the gauge of the foil. Foil is not suitable for wrapping acidic foods which may react with it.

If the foil is likely to become punctured in the freezer, over-wrapping with a plastic bag is advisable. Foil is also useful as a lining for casserole dishes when preparing food. Once the dish has been cooked and frozen, the foil lining containing the food can be removed. The parcel can then be over-wrapped and stored in the freezer until needed. For reheating, simply unwrap the food and return it to the casserole dish. Also useful are foil dishes, which are available in a variety of sizes and are complete with lids.

25. Plastic containers. These are expensive compared to other types of freezer packaging but will last longer. After heavy, prolonged use, they tend to lose their sealing

qualities and may require sealing with freezer tape to prevent air affecting the contents.

26. **Other items.** Packaging containers left over from purchased foods such as ice cream and margarine tubs, can be useful when freezing foods. Care must be taken to ensure they are scrupulously clean and freezer tape should be used for an airtight seal. Specially toughened glass freezer proof dishes are useful for certain desserts which are to be served in the dish. In addition, waxed paper, non-stick paper, labels and a chinagraph or waterproof pen will be required.

27. **Labelling.** Everything that goes into a freezer should have a label stating its contents and the date it was placed into the freezer. Where large amounts of food are frozen, a record of the contents of the freezer should be kept to ensure that items are used in rotation and within the recommended storage period. Freezer labels are available in different colours to aid recognition, for example; red for meats and green for vegetables.

FOOD FREEZING AIDE-MEMOIRE

28. The following basic rules should be followed when carrying out home freezing.

- a. All foods prepared for freezing must be fresh. Always use good best quality foods and freeze them at peak freshness. This is important.
- b. Once prepared, food for the freezer should be cooled and frozen as rapidly as possible. Fruit and vegetables deteriorate quickly if they are not processed immediately after picking. Hot or warm food should not be put in the freezer.
- c. Keep handling to a minimum and make sure everything is scrupulously clean. Remember, freezing does not kill bacteria or germs.
- d. Food must be thawed correctly. Rapid thawing will result in toughness and loss of texture and flavour.
- e. Freeze food in small quantities. Use the coldest part of the freezer and do not pack the food up too tightly. Fast freezing slows up the formation ice crystals in the food and thereby preserves better texture.
- f. Only the amount of fresh food that can be frozen safely within 24 hours should be frozen at one time. This is normally the amount that would fill one-tenth of the total storage capacity. Overloading the freezer with fresh food will slow down the freezing process.
- g. Food must be stored at the correct temperature of -18C.
- h. Food must be sealed in moisture proof wrapping. Air should be removed, but head-space must be left in rigid containers for the expansion of liquids. Strong smelling or highly flavoured foods should be over-wrapped. Label and date food and maintain a record or log.

29. Foods that are considered unsuitable for freezing are:
Boiled eggs (including scotch eggs) and whole fresh eggs
Soured cream and single cream
Custards, including tarts
Soft meringue toppings
Mayonnaise and salad dressings. Milk puddings
Royal icing and frostings without fat
Salad vegetables with a high water content, eg lettuce
Boiled potatoes, (best frozen mashed or baked)

FOOD FREEZING

30. Freezing vegetables. Vegetables should be frozen when really fresh, within 12 hours of harvesting if possible. All vegetables will keep better if they are blanched before freezing. Blanching inactivates enzymes that would otherwise cause deterioration of flavour, colour, texture and nutrient value. Although some nutritional loss is inevitable when blanching, it can be minimised by blanching in fast boiling water for the precise time for each type of vegetable.

31. **Blanching.** prepare vegetables as for cooking and size them as carefully as is possible. Have a large bowl of iced water ready. Fill a pan with a water/salt solution to the ratio of 1 litre water to 5g of salt (salt is optional); 1 litre will blanch approximately 100g of vegetables. Bring the water to the boil, place the vegetables into a wire basket or colander then immerse them in the boiling water.

Return them to the boil quickly and blanch for the required time. After blanching, plunge the vegetables into the iced water. When cold, drain thoroughly and pack immediately. The iced water can be used a number of times before it needs to be replaced. As a guide, the following blanching times can be followed:

- a. All types of beans: 2 to 3 minutes.
- b. Pease and cabbage; 2 minutes.
- c. Carrots: 4 minutes.
- d. Courgetts and mange-tout: one minute.
- e. Broccoli, cauliflower, brussels sprouts: 4 minutes.
- f. Onions, fennel, spinach, parsnips, turnips: 2 minutes.
- g. Corn on the cob (medium size): 4 minutes.

32. **Unblanched vegetables.** Vegetables can be frozen unblanched, however storage times are reduced and the produce must be used more quickly. The following is a guide to approximate times for keeping unblanched frozen vegetables.

- a. Brussels sprouts; three days.
- b. Broad beans: three weeks.
- c. Runner beans and sweetcorn: one month.
- d. Peppers: three months.

- e. Pease six to nine months.
- f. Carrots and spinach: twelve months.

33. Other vegetables. Some vegetables are unsuitable for freezing except when part of a soup, a cooked dish or a puree. These include: chicory, cucumber, endive, kale, lettuce, radish, Jerusalem artichokes and celery. Potatoes are best frozen cooked as a croquette or, pipe, as for duchess potatoes.

They can also be chipped or cut to shape then blanched in oil. Tomatoes can be frozen as a puree although whole small tomatoes freeze quite well. Mushrooms and sliced leeks are best lightly cooked in butter or oil before being frozen. They can also be used in casseroles, soups and other cooked dishes. Avocado pears should be frozen as a puree, mixed with a little lemon juice to preserve colour.

34. Cooking. All vegetables should be cooked from frozen, direct from the freezer. Final cooking times will be shorter for vegetables that have been blanched.

35. Freezing Fruit. Fruit for freezing should be ripe and free from blemishes. It should be prepared as for eating or cooking and can be frozen in a variety of ways.

- a. **Dry pack.** Fruits such as blackberries, gooseberries, blackcurrants and raspberries can be frozen individually. The fruit should be spread onto trays lined with waxed or greaseproof paper and put into the freezer until frozen. This is also known as opening freezing. When frozen, pack the fruit into polythene bags or tubs. The fruit will remain separate and small amounts can be removed.
- b. **Dry sugar pack.** Sprinkle fruit with sugar, mix together carefully then pack into rigid containers before freezing. As the fruit thaws, the fruit and sugar will make a syrup. Use 100g of sugar to 450g of fruit and when freezing allow for headspace in the container.
- c. **Cold syrup.** Use this for firm textured fruit such as apples, peaches and pears. Fruit that may discolour should be soaked in a solution of lemon juice first: one lemon per 1 litre of water is sufficient. Make the syrup the day before if freezing in large quantities. For high acid fruit such as gooseberries make the syrup with 900g of sugar to 1 lt of water, for other fruits, 450g of sugar to 1 litre of water, bring to the boil, add the lemon juice if required then leave to go cold. Pour over the prepared fruit or place the fruit into a container with the syrup. Hold down any floating fruit to ensure it is covered with the syrup. Leave a headspace of 1cm for expansion.
- d. **Puree.** Over-ripe fruit can be pureed and frozen. Some fruits such as bananas, pomegranates and kiwi are not suitable for freezing. Strawberries and melons will freeze whole or cut but they tend to lose their form and crispness when defrosted and both can be better used as a puree.

36. Thawing and cooking. Fruit to be served raw should be thawed slowly in an unopened container and then be eaten while still slightly chilled. Fruits that tend to discolour should be thawed rapidly and kept submerged in syrup while thawing. Dry sugar pack fruits tends to thaw more quickly than fruit in syrup. If the fruit is to be cooked, that it until the pieces separate then cook as for fresh fruit, but remember that it will already be sweet if it has been packed in dry sugar or syrup.

37. Freezing meat. Fresh meat needs little preparation. Simply trim off excess fat and remove bones where possible as these take up freezer space.

Meat should be packed carefully to prevent damage from freezer burn. Use moisture and vapour proof wrapping that cling to the sides of the item being frozen. Excludes as much air as possible to prevent fat becoming rancid and the meat drying out. Use heavy duty polythene bags and wrapping to over bag. Separate chops and steaks with layers of greaseproof or non-stick paper and treat as for joints. Wash and dry offal thoroughly and remove any blood vessels. Wrap in close wrapping film, overwrap in polythene then bag for freezing. For mince, use a good quality meat, without fat if possible, add no salt. Pack in polythene bags, remove any air then freeze quickly.

38. Freezing poultry. As commercially frozen oven ready poultry is readily available, it is only an advantage to freeze fresh poultry if the price is very favourable. Joint the chicken and use the bones and carcass for stock. Wrap joints or quarters individually, bag and label in bulk. Cooked chicken must be completely cold for freezing. Wrap in foil, pack stuffing separately then freeze. To help avoid excessive drying, freeze in sauce, gravy or stock. All other poultry, turkey, goose and duckling can be treated in the same way as chicken. Always pack giblets separately as their storage times are shorter than the poultry item.

39. Freezing game. Venison should be hung before freezing, then cut into joints for freezing. Prepare hare and rabbit by cutting into portions, discarding any bony parts not required. Pack and freeze as for meat. The texture and flavour of game birds improves with freezing. Hang and prepare as required for individual recipes, pack in foil or freezer bags and freeze.

40. Freezing. Only freeze very fresh bacon, the longer it has been cut or kept the shorter will be its freezer life. As an alternative to the commercial vacuum packed bacon, top quality bacon joints can be frozen close wrapped in foil or cling film then over-packed in polythene bags. For rashers, interleave with waxed or non-stick paper then foil wrap and over bag in polythene.

41. Freezing fish. Whole fish can be frozen uncooked but it must be very fresh. Wash and scale, gut and re-wash. Drain then dry and, for best results, freeze the whole fish unwrapped in the freezer until solid. Remove from the freezer, dip in cold water to form a thin layer of ice and repeat until the fish is "glazed" then wrap in cling film or foil. Fish steaks, should be packed with a layer of cling film or foil to separate them then over-wrapped in foil or film and bulk packed in polythene bags.

42. **Methods of thawing.** Food thawed slowly will have a superior taste, colour and texture to food that has been rapidly thawed. Thawing can be done at room temperature but there is less risk of contamination if it is carried out in a refrigerator. The two main methods of thawing are:

a. **Slow thawing.** This is best carried out in a refrigerator or cold room. Always leave food in its original wrapping to prevent leaching and loss of colour and quality. Allow plenty of time for thawing to take place; for example, as little as 450g of meat can take up to 6 hours to thaw. Before cooking meat and poultry ensure that it has thoroughly thawed.

b. **Quick thawing.** Food will thaw in normal room temperature in half the time of food thawed in a refrigerator. In an emergency, food may be thawed by submerging the package under running cold water until defrosted. Both these methods have their disadvantages.

The quality of the end product will be inferior and the risk of bacterial contamination will be increased.

43. **Cooking and reheating from frozen.** Some foods can be cooked from frozen, others must be thawed first. Reheating must take place rapidly and at a fairly high temperature. This will preserve the flavour of the food and will reduce the risk of bacterial contamination from insufficiently heated food. It may be possible to thaw or even cook from frozen using a microwave oven. Where this is desired, check the manufacturers instructions for use.

44. **Refreezing.** It is possible to re-freeze some cooked foods that were once frozen but great care must be taken to ensure that they are still in good enough condition to re-freeze, if in any doubt and as a general rule, do not re-freeze.

45. **General points.** The following are some general points when dealing with meat, poultry and fish:

a. **Small cuts or joints,** such as chops, steaks, diced meat and mince can be cooked gently from frozen. Allow almost twice the cooking time and start the cooking process slowly, gradually building up the heat. Flavour and texture retention will be better if this method is used.

b. **Whole joints** can be cooked from frozen, use a meat thermometer or probe to ensure complete cooking. As timing for cooking this way tends to be difficult to estimate, it is best to thaw joints before cooking. Rolled joints, such as breast of lamb, whether stuffed or not, must be thawed before cooking. This is because all the surfaces of the meat have been handled so it is important to ensure thorough cooking to destroy any bacteria which may be present.

c. **Stews, pre-cooked pies and casseroles** must be heated thoroughly if cooking from frozen but are best thawed before use. As an alternative, they may be

thawed then cooked in a microwave oven, check the manufacturers instructions before cooking.

d. **All frozen poultry** must be completely thawed before cooking. A large turkey may take up to several days to thaw completely. Poultry weighting up to 2.5kg can be thawed in a refrigerator and poultry above this weight at cool room temperature. Remove the giblets from the body cavity as soon as possible. The bird is completely thawed when no ice crystals remain in the body cavity and the joints are flexible. Once thawed, poultry should be cooked as soon as possible and should not be stored, unfrozen, for more than two days.

e. **Whole large fish** should be thawed very slowly to retain moisture and texture. Small fish and cuts are best cooked from frozen.

FREEZING MISCELLANEOUS ITEMS

46. **Double or whipping cream** can be frozen, but single cream does not freeze well. Whipped cream can be piped onto non-stick paper and frozen then transferred to a suitable container and sealed. Fresh cream can be stored for up to three months and will need 45 minutes thawing at room temperature before use.

47. **Cakes** of all sorts can be frozen; sponge, flans, swiss rolls, layer cakes and large gateaux all freeze well as do rich fruit cakes, although there is little point in freezing these as they will keep and improve using traditional storing method. Bake cakes in the normal way then cool on a pastry wire. Do not spread or layer the sponge cakes with jam as when this thaws it will become wet and make the sponge soggy.

Wrap plain cake layers separately or together with cling film or waxed paper between the layers. Pack decorated cream cakes in boxes to protect them. All types of cake will store well in a freezer for up to three months. Thaw smaller cakes at room temperature for 2 hours and large cakes or gateaux for up to 4 hours. Cream cakes are best cut while still frozen to retain shape and to aid quicker thawing. Light fruit cake will need 4 hours to thaw.

48. **Biscuits** in the raw uncooked state benefit from freezing; the resulting cooked biscuit is higher than the fresh baked variety. Freeze in cylinder shapes, either formed into the finished product or left in bulk. Foil or cling film wrap then bag in polythene. Thaw for 45 minutes, or until just beginning to soften then bake or cut to shape and bake in the normal way.

49. **Icings and fillings** can be stored in bulk in the freezer, butter creams or icings being the best for keeping. Brief chilling in the refrigerator will achieve a firm set on cakes which can be wrapped and frozen. Remove wrappings before thawing to allow moisture to escape and avoid spoiling the icing.

50. **Flavourings and decorations** must be pure for all icings and fillings; chemical substances may tend to leave an after taste when the item is thawed. Highly spiced

foods tend to develop off-flavours, so spiced cakes should not be frozen. However chocolate and coffee cakes freeze well.

51. **Bread** is a useful standby to keep in the freezer, freshly baked bread freezes well as does home made bread. Crisp, crusty bread stores well up to one week in its original wrapper after which the crust deteriorates and flakes. For longer storage, remove bread from its original wrapping, wrap in cling film or polythene then freeze.

Bread wrapped in this way will keep for two months without breaking up. Thaw either in the sealed polythene at room temperature for 3 hours or unwrap put in an oven and heat through.

52. **Pastry** will freeze equally well cooked or uncooked, short, flaky and puff are particularly suited to freezing. Pastry can be stored baked or unbaked; baked will keep longer at six months, unbaked for four months. Unbaked will have a better flavour and will be crisper and flakier. To freeze, form into a roll or slab, wrap in greaseproof paper and then freeze. Flan cases, pastry and vol-au-vent cases are all useful to keep unbaked or ready baked and are best stored wrapped in foil then overwrapped in polythene. Baked cases should be thawed in their wrappings and at room temperature before being filled. They can be heated in a low oven if a hot filling is to be used. For defrosting by microwave, follow manufacturers instructions.

53. **Herbs** can be frozen in small bunches in a rigid container or in a bag. They can also be washed, chopped and frozen in ice, rather like an ice cube and using an ice cube maker. Herbs can be stored for up to six months and can be used straight from the freezer in whichever form they were frozen.

54. **Cheese** should be wrapped in foil or cling film to prevent drying. It should then be overwrapped in polythene ready for freezing. The maximum recommended time for freezing cheese is six months. Thaw in a refrigerator then allow to come to room temperature before eating. Grated cheese freezes well and can be packed in handy amounts and used straight from the freezer.

55. **Pasta** freezes well as part of a complete dish such as macaroni cheese or, cooked on its own. Pasta shapes freeze well for use with a soup but should be frozen separately as they break down in liquid. For freezing, undercook slightly in boiling, salted water then dry as much as possible, put into polythene bags and freeze.

56. **Sauces, soups and stocks** make very useful, standbys to keep in a freezer. After cooking, pour into rigid containers, leave headspace, seal, label and freeze. Sauces may be stored for three months and stocks for up to six months. To thaw, put at room temperature for 2 hours or heat from frozen, bringing to the boil quickly.

HIGH QUALITY STORAGE LIFE

57.

<i>Item</i>	<i>Months</i>	<i>Item</i>	<i>Months</i>
<i>Meat</i>		<i>Fruit</i>	
Beef	8-12	Apricots	6
Ham and Bacon (Whole)	3	Cherries	7
Ham and Bacon (Sliced)	1	Currants	10
Lamb	6-9	Fruit Juices	4-6
Minced Beef	3	Fruit Purees	9-12
Offal	3	Gooseberries	10
Pork	6	Melon	6
Sausages and Sausage Meat	3	Peaches	6
Veal	6-9	Plums, Raspberries, Rhubarb and Strawberries	12
<i>Poultry</i>		<i>Baking Goods</i>	
Chicken	12	Baked: Bread, Rolls, Buns	1-2
Duckling	6	Breadcrumbs	3
Giblets	2-3	Danish Pastry	1
Goose	6	Decorated Cakes	3
Poultry Stuffing	1	Fruit Pies	6
Turkey	6	Meat Pies	3
<i>Game</i>		Pancakes (Unfilled)	2
Feathered Game	9	Pastry Cases	3
Hare	6	Pizza	1
Rabbit	6	Plain Cakes	6
Venison	12	Sandwiches	2
<i>Fish</i>		Savoury Flans	2
Oily Fish: Herring, Mackerel, Salmon, Trout	3	Unbaked Biscuits	4
Shellfish	1	Unbaked: Bread, Rolls, Buns	2
White Fish: Cod, Plaice, Haddock, Sole	3-6	Unbaked Cakes	2
<i>Vegetables</i>		Unbaked Pastry	3
Asparagus	9	<i>Cooked Dishes</i>	
Beans	12	Casseroles and Stews	3
Brussel Sprouts	10	Curry	4
Carrots	10	Filled Pancakes	1
Fresh Herbs	10	Fish Dishes	2
Part Fried Chips	4	Meat in Sauce/Gravy	3
Peas and Spinach	12	Meat Loaf	1
Vegetable Purees	6-8	Pate	1
Tomatoes	6	Roast Meats	1
<i>Dairy Products</i>		Sauces	2
Double Cream	6	Souffles	2
Eggs	12	Mousses	2
Fresh Butter	6	Soups	3
Hard Cheese	3-6	Sponge Puddings	3
Ice Cream	3	Stocks	4-6
Soft Cheese	6	Cottage Pie	3
		Meat Sliced, not in Sauce or Gravy	2-3
		Pasta dishes, cooked	1

SECTION K

Packed Meals

1. Introduction	6. Production
2. Factors to be considered in the production of packed meals	8. Manufacture

INTRODUCTION

1. Packed meals are frequently required for personnel who are engaged on duties away from their parent unit. The majority of these are for groups on training and can be anticipated and planned for well in advance of requirement. It is sound practice to have a standing detail for packed meals in all units in order to ensure that a consistently high standard is achieved. Special arrangements can be made for packed meals required for special occasions when added variety might be required. Individuals or small groups can be allowed, where practical, to choose the ingredients for their own meals.
2. The planning and preparation of a packed meal should be of the highest standard consistent with the resources available. Such meals are judged by the consumer in the same critical fashion as a meal taken at the hot plate and the same care and attention should be devoted to the production of packed meals as is customary when producing meals in static Mess locations.

FACTORS TO BE CONSIDERED IN THE PRODUCTION OF PACKED MEALS

3. The type of packed meal produced depends on a number of factors; the main ones for the caterer to consider are the type of duty being undertaken, its duration and the environment in which the meals are likely to be eaten. These are circumstances over which the caterer exercises no control but which have most influence over how the meal will be planned.
4. The most practical type of packed meal for most circumstances is a combination of sandwiches or filled rolls, individual pies or pastries, fruit pies or fresh fruit, cheese and biscuits and a hot or cold drink depending on the facilities available.
5. A popular meal, but not always practical in all circumstances is a packed salad accompanied by a cold sweet or a piece of fresh fruit or cheese and biscuits also with a hot or cold drink.

PRODUCTION

6. Packed meals should be manufactured as late as possible with strict regard to a high standard of hygiene during all stages of preparation and storage. Regulations regarding temperature controls should be strictly applied. The practice of preparing meals the evening or day before should be avoided unless absolutely necessary. Food stuffs being used must be cooked thoroughly with the utmost care and attention and even then the use of items such as chicken legs or shellfish are best avoided.
7. A good packed meal will meet certain criteria which are that it will:
 - a. Be substantial.
 - b. Contain popular food.
 - c. Be satisfying.
 - d. Be attractively presented.

MANUFACTURE

8. With imagination a wide range of sustaining and interesting foods can be used to manufacture packed meals. A variety of sandwiches or filled rolls or salads can be made from roast meats and poultry, tinned meats and fish, pates and pastes, cheeses and egg. These, combined with salad items such as tomatoes, lettuce, cucumber, various pickles, coleslaw and mayonnaise and accompanied by fresh fruit, chocolate bars or sweet biscuits provide an attractive and filling packed meal which is generally acceptable to a majority of customers.

Further inspiration can be gained from the many shops now specialising in packed foods and the packed food industry has its own, regularly published magazine which promotes new trends and improvements as they appear. Packed meals need not be monotonous and a regular review, perhaps as an item on the unit messing meeting will help to achieve this.

PART 2 - KITCHEN

CHAPTER ONE

Stocks and Glazes

STOCKS

1. Brown
2. Chicken
3. Court bouillon
4. Fish
5. Game
6. Veal (brown)
7. Veal (white)
8. White

GLAZES

9. Fish
10. Meat

INTRODUCTION

1. The basic ingredients for most soups and sauces is a good stock, and this is one reason why a stockpot should always be maintained in a kitchen. Stock is obtained by simmering bones and selected vegetables in water, thereby extracting their **nutriment** **nutrients** and flavour. The preparation of the basic type of stock is a straightforward process, and although weights and measures are given in the **receipts** **recipes** which follow, such quantities should be regarded as flexible, permitting variation within fairly broad limits.

2. Fat which derives from skimming is a useful by-product. It should be retained and clarified for first grade dripping. Bones which have **been** boiled for more than six hours are **of** no further value and should be **disposed of** **discarded**. It is important to note that any stock remaining at the end of the day should be reboiled and then stored in a cool place.

1. Scum which rises when a stock first boils must be skimmed off.
2. Fat rising during the cooking process must be skimmed from time to time. This fat may be clarified and preserved for further use.
3. Stock should simmer and not be allowed to boil rapidly.
4. Stock remaining at the end of the day must be reboiled and placed in a cool place where air may freely circulate around it.
5. The crust which forms on the sides of the stockpot as a result of a reduction by evaporation should be removed from time to time.
6. Stock which has been stored over-night must be reboiled and checked before further use.

POINTS TO NOTE WHEN MAKING STOCK

STOCKS

1. BROWN STOCK

3 LITRES

Ingredients

Beef Bones	2 kg
Water	5 ltr
Carrots	100 g
Onions	100 g
Leeks	50 g
Celery	50 g
Bouquet garni	1 small
Peppercorns (black)	10
Oil	25 g

Method

1. Saw the bones into 10cm lengths and brown in a hot oven.
2. Place them in a saucepan and cover with the water.
3. Bring to the boil and skim, simmer for 2 hours.
4. Cut the carrots and onions into large dice, brown them in a frying pan and add to the stock.
5. Add the remainder of the ingredients and simmer for a further 4 hours.
6. Skim, strain and use as required.

Note: Points to note when making stock should be read in conjunction with this recipe.

2. CHICKEN STOCK

3 LITRES

Ingredients

Boiling fowl or chicken carcass	2 kg
Water	5 ltr
Salt	10 g
Leeks	50 g
Onions (studded with cloves)	100 g
Carrots	100 g
Bouquet garni	1 small
Peppercorns (white)	6

Method

1. Clean, singe, wash and truss the fowl.
2. Place the boiling fowl or chicken carcasses into a suitable saucepan and add the water.
3. Add the salt and bring to the boil.
4. Skim and wipe the sides of the pan.
5. Add the vegetables, left whole, bouquet garni and peppercorns and allow to simmer for 2 hours or until the fowl is cooked.
6. Remove the scum, skim and pass the stock through a fine strainer or muslin.

Notes:

1. The cooked fowl is reserved for the preparation of other dishes such as vol-au-vent, creamed chicken or minced chicken etc.
2. Salt is added to this stock to flavour the chicken especially when using whole birds, otherwise the meat has a tendency to be bland.

3. COURT BOUILLON

5 LITRES

Ingredients

Water	5 ltr
Vinegar	250 ml
Salt	50 g
Peppercorns	10
Onions	400 g
Carrots	300 g
Bouquet garni	1 small

Method

1. Place all ingredients into a suitable saucepan.
2. Bring to the boil, simmer for one hour.
3. Strain and use as required.

Note: Court bouillon is suitable for cooking trout, salmon and shellfish.

4. FISH STOCK

1 LITRE

Ingredients

Fish bones (sole, plaice, whiting, turbot)	1 kg
Water	1.5 ltr
Onions	150 g
Margarine	5 g
Peppercorns (white)	10
Bouquet garni	1
Juice of lemon	1

Method

1. Peel and shred the onions.
2. Place the margarine, onions and fish bones in a saucepan cover with a lid and cook until the essence has been extracted for 5 minutes.
3. Add the remaining ingredients and bring to the boil, skim and simmer for 20 minutes. Strain through fine strainer or muslin. Reboil and cool.

5. GAME STOCK

3 LITRES

Ingredients

Game bones	2 kg
Water	5 ltr
Carrots	100 g
Onions	100 g
Leeks	100 g
Celery	50 g
Salt	25 g
Peppercorns (black)	6
Bouquet garni	1
Oil	25 g

Method

1. Partly roast the game bones.
2. Peel the carrots and onions and cut them into large dice. Brown them in a frying pan.
3. Place all the ingredients into a saucepan, bring to the boil, skim and simmer for 3 hours.
4. Skim, strain and use as required.

6. VEAL STOCK

3 LITRES

Ingredients

Veal bones	2 kg
Water	5 ltr
Carrots	100 g
Onions	100 g
Leek	50 g
Celery	50 g
Bouquet garni	1 small
Peppercorns (black)	10
Oil	25 g

Method

1. Saw the bones into 10 cm lengths and brown in a hot oven.
2. Place them in a saucepan and cover with the water.
3. Bring to the boil and skim, simmer for 2 hours.
4. Peel the carrots and onions and cut them into large dice. Brown them in a frying pan and add to the stock..
5. Add the remainder of the ingredients and simmer for a further 4 hours.
6. Skim, strain and use as required.

7. VEAL STOCK

3 LITRES

Ingredients

Veal bones	2 kg
Water	5 ltr
Onion (studded with cloves)	100 g
Carrots	100 g
Leeks	50 g
Celery	50 g
Bouquet garni	1 small

Method

1. Saw the bones into 10 cm lengths and place them in a saucepan.
2. Cover with cold water, bring to the boil, skim. Simmer for 4 hours.
3. Add the peeled whole vegetables and bouquet garni and allow to simmer for a further 2 hours.
4. Skim, strain and use as required.

8. WHITE STOCK

3 LITRES

Ingredients

Beef bones	2 kg
Water	5 ltr
Onion (studded with cloves)	100 g
Carrots	100 g
Leeks	50 g
Celery	50 g
Bouquet garni	1 small

Method

1. Saw the bones into 10 cm lengths and place them in a saucepan.
2. Cover with cold water, bring to the boil, skim and simmer for 4 hours.
3. Add the peeled whole vegetables and bouquet garni and allow to simmer for a further 2 hours.
4. Skim, strain and use as required.

GLAZES

9. FISH GLAZE

250 MILLILITRES

Ingredients

Fish stock	1 ltr

Method

1. Reduce the fish stock by boiling until it coats the back of a spoon.
2. Allow to cool.
3. Store in the refrigerator and use as required.

10. MEAT GLAZE

250 MILLILITRES

Ingredients

Brown stock	1 ltr

Method

1. Reduce the brown stock by boiling until it coats the back of a spoon.
2. Allow to cool.
3. Store in the refrigerator and use as required.

PART 2 - KITCHEN

CHAPTER TWO

Basic Preparations

BREAD ITEMS

1. Croute de flute
2. Croutons
3. Fried
4. Garlic
5. Melba toast
6. Sippets

BUTTERS (COLD)

7. Anchovy
8. Garlic
9. Lobster/Crayfish
10. Parsley
11. Salmon
12. Shrimp.

(HOT)

13. Black
14. Clarified
15. Nut brown

JELLIES

16. Aspic
17. Chicken aspic
18. Fish aspic
19. Game aspic

UNCLASSIFIED

20. Blanc
21. Marinade
22. Porridge
23. Socle
24. Vegetable garnishes
for cold dishes

BREAD ITEMS

1. CROUTES DE FLUTE

Ingredients

French Loaf

Method

Cut the loaf into thin slices and toast on both sides.

2. CROUTONS

Ingredients

Sandwich loaf

Oil

Method

1. Slice the loaf into 10 mm thick slices.
2. Cut into the required shape and shallow fry to a golden brown.

Note: Croutons can also be made from toasted bread. In which case the toast should be buttered.

3. FRIED BREAD

Ingredients

Sandwich loaf

Allow 1 slice per 2 portions

Oil

Method

1. Heat the oil in a frying pan.
2. Slice the bread into 10 mm thick slices and cut in half diagonally.
3. Shallow fry on both sides to a golden brown.

4. GARLIC BREAD

10 PORTIONS

Ingredient

French loaf	1
Garlic butter	200 g

Method

1. Cut the loaf into thick slices without completely separating the slices.
2. Spread the slices with the garlic butter.
3. Wrap the loaf loosely in kitchen foil and place in an oven 160°C for 15 minutes.
4. Raise the oven temperature to 230°C.
5. Remove the loaf from the oven. Fold back the foil and return the loaf to the oven for a further 5 minutes to crisp.

5. MELBA TOAST

Ingredients

Bread, allow 2 slices per portion

Method

1. Toast the slices of bread on both sides.
2. Remove the crusts and cut through the middle so that 2 thin slices toasted on one side remain.
3. Remove doughy centre and cut slice in half diagonally.
4. Place under a grill un-toasted side up and lightly colour.
5. When cold store in an airtight tin until required for service.

6. SIPPETS

Ingredients

Sandwich loaf

Oil

Method

1. Slice the loaf into 10 mm thick slices.
2. Remove the crusts and cut the slice into small cubes.
3. Heat the oil in a frying pan.
4. Shallow fry the cubes until golden brown all over.
5. Drain and use as garnish for soups.

BUTTERS (COLD)

INTRODUCTION

1. A compound butter is simply a butter with the addition of a variety of ingredients producing different flavours. The finished butter can then be used in several ways:

a. As a simple accompaniment. For example parsley butter. This helps the grilled item to remain moist and enhance the flavour and presentation.

b. As a filling. An example is shrimp or salmon butter. It is then piped into small cooked pastry cases prior to them being garnished, decorated and masked with aspic jelly for service as a cocktail. these butter fillings may also be made from various other shellfish, such as crab and prawns or from meat purees such as fresh or smoked chicken and game and liver pate.

c. As a liaison. for example at the finishing stages of sauce. Americaine and Lobster Americaine. The coral and intestines of lobster are sieved then mixed with an equal amount of butter. This mixture is whisked into the hot sauce, the sauce passed through a fine strainer and re-heated without boiling. The purpose of the lobster butter is to thicken the sauce, enrich the flavour and enhance the colour.

2. The majority of compound butters can be prepared well in advance wrapped and stored in a refrigerator. The butters may be sliced before service and the slices kept in iced water to keep them separate. An alternative method of presentation is to pipe the butters using a star tube onto a tray and refrigerate until required.

3. It should be noted that certain dishes dictate the use of compound butters as part of the garnish eg steak or lamb cutlets "Vert Pre" requires parsley butter.

4. Due to the high fat content and the bland flavour of butter, compound butter needs to be seasoned to bring out the desired flavour.

7. ANCHOVY 200 GRAMS

Ingredients

Butter	150 g
Anchovy fillets	50 g
Cayenne pepper	
Lemon (juice)	1

Method

1. Drain the anchovies and pass through a sieve.
2. Cream all the ingredients together.
3. Roll into a 30 mm cylinder in damp greaseproof paper and store in a refrigerator. Cut into slices as required.

Notes:

1. After cutting the slices of butter for service they should be kept in iced water.
2. 25g of anchovy essence may be used in place of anchovy fillets.

8. GARLIC BUTTER 200 GRAMS

Ingredients

Butter	200 g
Garlic	2 Cloves

Method

1. Peel and crush the garlic.
2. Cream the butter and garlic together and pass through a fine sieve.

9. LOBSTER/CRAYFISH BUTTER 200 GRAMS

Ingredients

Lobster or Crayfish, trimmings shells and intestines	100 g
Butter	100 g
Seasoning	

Method

1. Pound the shell, trimmings and intestines (except the queen) in a mortar to a fine paste.
2. Blend thoroughly with an equal amount of butter and add the seasoning.
3. Place in a small pan in a bain-marie. Allow to melt, during which time the butter will absorb flavour and colour from the other ingredients.
4. Pass through a fine cloth into a bowl and place on ice to set.

Note: Used to enrich and give colour to various fish and shellfish soups, sauces and certain other shellfish dishes.

10. PARSLEY BUTTER 150 GRAMS

Ingredients

Butter	150 g
Lemon	1
Parsley (chopped)	20 g
Cayenne pepper	

Method

1. Cream the butter with the lemon juice.
2. Mix in the chopped parsley and cayenne pepper.
3. Form into a roll in damp greaseproof paper.
4. Place in a refrigerator to set. Cut into slices for service.

Notes:

1. The prepared butter slices should be kept in iced water until required for service.
2. Used for grilled meat and fish.

11. SALMON BUTTER 200 GRAMS

Ingredients

Cooked salmon	100 g
Butter	100 g
Cayenne pepper	

Method

1. Pass the salmon through the fine sieve.
2. Blend with the butter and seasoning.
3. Pass the whole mixture through a fine sieve and use as required.

Note: Used for cocktail savouries and for decorating cold salmon.

12. SHRIMP BUTTER 200 GRAMS

Ingredients

Cooked shrimp	100 g
Butter	100 g
Paprika	

Method

1. Pass the shrimps through a fine sieve.
2. Blend with the butter and seasoning.
3. Pass the whole mixture through a sieve.
4. Roll in damp greaseproof paper and store in refrigerator. Cut into slices for service.

Note: The prepared butter slices should be kept in iced water until required for service.

BUTTER (HOT)

13. BLACK BUTTER 100 MILLILITRES

Ingredients

Butter	125 g
Vinegar	10 ml

Method

1. Heat the butter in a pan until well coloured.
2. Add a little vinegar, pour over the food and serve immediately.

14. CLARIFIED BUTTER 100 MILLILITRES

Ingredients

Butter	125 g

Method

1. Heat the butter gently in a saucepan until the milk solids separate from the fat.
2. Separate the clarified fat from the residue, which is discarded.

15. NUT BROWN BUTTER 100 MILLILITRES

Ingredients

Butter	150g
Lemon	1

Method

1. Heat the butter in a pan until nut brown in colour.
2. Squeeze the juice of lemon into the butter to arrest, the cooking process and then pour over the finished dish.

SAVOURY JELLIES

INTRODUCTION

These jellies are used primarily as decoration for cold dishes. quantities required will vary according to the dish. The following recipes are to provide stock amounts.

16. ASPIC JELLY

15 LITRES

Ingredients

White stock	2 ltr
Egg whites	2
Minced shin of beef	400 g
Leaf gelatine	100 f
Salt	

Method

1. Soak the gelatine in a little cold water.
2. Mix the beef, egg whites and salt with a little cold white stock.
3. Add the gelatine and the remaining stock.
4. Bring slowly to a gentle simmer stirring occasionally to prevent the egg whites sticking to the pan. Once the liquid begins to simmer do not stir again.
5. As the egg whites solidify they combine with the meat to form a crust and in so doing clarify the stock. Allow to simmer without disturbing the crust for one hour.
6. Strain through four thicknesses of muslin without disturbing the clarification and removing any surface fat with absorbent paper.
7. When cold refrigerate until firm.

Notes:

1. When used for glazing, aspic jellies should be brought to setting point over iced water.
2. If powdered gelatine is used allow 140 g for each 2 litres of stock.

17. CHICKEN ASPIC

1.5 LITRES

Ingredients

Chicken stock	2 ltr
Egg whites	2
Leaf gelatine	100 g
Salt	

Method

1. Soak the gelatine in a little cold water.
2. Mix the egg whites and salt with a little cold chicken stock.
3. Add the soaked gelatine and the remaining stock.
4. Bring slowly to a gentle simmer stirring occasionally to prevent the egg whites sticking to the pan. Once the liquid begins to simmer do not stir again.
5. Allow to simmer gently for one hour.
6. Strain through four thicknesses of muslin without disturbing the clarification and remove any surface fat with absorbent paper.
7. When cold refrigerate until firm.

Note To enhance the flavour the minced flesh and carcass of chicken may be added at stage 2.

18. FISH ASPIC

2 LITRES

Ingredients

Fish stock	2 ltr
Leaf gelatine	100 g
Egg whites	4
Salt	

Method

1. Soak the gelatine in a little cold water.
2. Mix the egg whites together with a little cold stock.
3. Add the gelatine, salt and remaining stock.
4. Bring slowly to a gentle simmer stirring occasionally to prevent the egg white sticking to the pan. Once the liquid begins to simmer do not stir again.
5. As the egg whites solidify they form a crust and in doing so clarify the stock.
6. Simmer gently for 10 minutes.
7. Strain through 4 thicknesses of muslin without disturbing the clarification and remove any surface fat with absorbent paper.
8. When cold refrigerate until firm.

Note: To enhance the flavour the minced trimmings and flesh of white fish may be added at Stage 2. This will require an increase in cooking time of 30 minutes. A fish jelly may be further flavoured by the addition of white wine in place of the same amount of fish stock.

19. GAME ASPIC

1.5 LITRES

Ingredients

Rich game stock	2 ltr
Egg whites	2
Leaf gelatine	100 g
Salt	

Method

1. Soak the gelatine in a little cold water.
2. Mix the egg whites and salt with a little cold game stock.
3. Add the gelatine and the remaining stock.
4. Bring slowly to a gentle simmer stirring occasionally to prevent the egg whites sticking to the pan. Once the liquid begins to simmer do not stir again.
5. Allow to simmer without disturbing the crust for one hour.
6. Strain through 4 thicknesses of muslin without disturbing the clarification and remove any surface fat with absorbent paper.
7. When cold refrigerate until firm.

Notes:

1. To enhance the flavour the minced flesh and carcass of game may be added at Stage 2.
2. A game jelly may be further flavoured by the addition of a small amount of brandy, madeira or marsala at the completion of Stage 6.

UNCLASSIFIED

20. BLANC

2 LITRES

Ingredients

Flour	25 g
Water	2 ltr
Lemon juice	1
Malt Vinegar	25 ml
Salt	20 g

Method

1. Mix the flour and small amount of the water to a smooth paste.
2. Place all the other ingredients into a saucepan and stir in the flour paste. Bring to the boil, stirring occasionally and the simmer for ten minutes to cook the flour.

21. MARINADE (RED MEATS)

1.5 LITRES

Vegetable salad set in aspic.

Ingredients

Red wine	1 ltr
Onions	150 g
Carrots	150 g
Garlic	2 Cloves
Celery	50 g
Parsley stalks	25 g
Coriander seed	10
Peppercorns (black)	20
Bayleaf	2
Thyme	4 sprigs
Oil	250 ml
Wine vinegar	250
Salt	

Method

1. Crush the garlic and slice the vegetables then mix all the ingredients together and use as required.

Note: If the marinade is to be used for white meats substitute white wine for red.

22. PORRIDGE 10 PORTIONS

Ingredients

Rolled oats	200 g
Water	2 ltr
Salt	

Method

1. Bring the water to the boil, add salt and stir in the rolled oats.
2. Allow to simmer for 15 minutes.

23. SOCLE (PLINTHS) FOR COLD DISHES

Ingredients

Milk	750 ml
Lamb fat	225 g
Mashed potato powder	150 g
Powdered gelatine	60 g
Cream	60 ml

Method

1. Boil 700 ml of the milk and the lamb fat together.
2. Soak the gelatine in the remaining milk.
3. Remove from the heat and whisk in the gelatine.
4. Reboil, whisk in the potato powder.
5. Reboil then remove from the heat and add the cream.
6. Pour into an oiled mould and allow to set.
7. Remove from the mould and decorate.

24. VEGETABLE GARNISHES SUITABLE FOR COLD DISHES

All such vegetables must be well cooked, seasoned and glazed and be approximately the same size.

Carrots shaped as baby carrots.

Swede and turnip cut with a parisienne cutter.

Cauliflower in small bouquets.

French beans in bundles.

Peas placed in artichoke bottoms.

Asparagus points made into bundles, decorated with strips of pimento.

Tomatoes, blanched, peeled and decorated.

Tomatoes, blanched, peeled, cut in half, seeds removed and filled with cooked peas or vegetable salad, set in aspic.

Cucumber boats filled with shrimp butter, garnished with small peeled shrimps.

PART 2 - KITCHEN

CHAPTER THREE

Thickening Agents

ROUX

1. Beurre manie
2. Blond
3. Brown
4. White

LIAISONS

5. Arrowroot
6. Blood
7. Cornflour
8. Egg yolks
9. Egg yolks and cream
10. Fecule

INTRODUCTION

- Thickening agents are divided into roux and liaisons.

Roux

- There are 2 types of roux:
 - Uncooked - Beurre Manie
 - Cooked - white, blond and brown.
- Beurre Manie is an uncooked roux; a mixture of butter and flour kneaded together and added to boiling liquid to thicken it just prior to serving.
- A cooked roux is a combination of fat, oil, butter or margarine and flour cooked together. It is used in the making of sauces and soups. Care must be taken during the cooking process to ensure that the flour does not burn. If the roux burns it will impart a bitter taste and discolour the sauce. A roux must be allowed to cool before any liquid is added.

Liaisons

- The required thickening of the basic liquid by a liaison is obtained by the addition of uncooked starches, yolks of egg, cream and blood.
- The 2 main sources of starch for thickening are grains eg corn or roots eg arrowroot, potato and cassava.

ROUX

1. MANIE BUTTER (BEURRE MANIE)

Ingredients

Butter	60 g
flour	50 g

Method

- Mix the butter and flour together to a perfectly smooth texture.

Note: This is used as a last minute thickening agent for sauces and some vegetable dishes. The sauce or vegetable to which manie butter has been added should be brought to the boil and then served.

2. BLOND ROUX

Ingredients

Margarine	50 g
Flour	50 g

Method

- Melt the margarine in a thick saucepan and stir in the flour.
- Cook to a blond or pale biscuit colour.

Note: the roux must be allowed to cool before any liquid is added. This amount is sufficient for 500 ml of sauce.

3. BROWN ROUX

Ingredients

Oil	50 g
Browned flour	60 g

Method

- Heat the oil in a thick saucepan and stir in the flour.
- Cook in an oven or on the side of the stove, stirring frequently until a medium brown colour is achieved.

Notes:

- Browned flour is produced by spreading flour evenly on a shallow tray and colouring in a moderate oven. The flour should be turned frequently during cooking to ensure an even colour. When ready it should be sieved and stored in an airtight container until required.
- The roux must be allowed to cool before any liquid is added. This amount is sufficient for 500 ml of sauce.

4. WHITE ROUX

Ingredients

Margarine	50g
Flour	50g

Method

- Melt the margarine in a thick saucepan and stir in the flour.
- Cook to an even texture without colouring.

Note: The roux must be allowed to cool before any liquid is added. This amount is sufficient for 500 ml of sauce.

LIAISONS

5. ARROWROOT

- Mix the arrowroot with a little of the cold water, stock or milk to a smooth paste.
- Bring the remainder of the liquid to the boil, add the arrowroot and reboil.

Notes:

- Allow approximately 50 g of arrowroot per litre of liquid.
- If arrowroot is cooked for too long it loses its thickening properties.
- Arrowroot becomes transparent when boiled and is therefore more suitable than other thickening agents when clear sauce is required.

6. BLOOD

Used for jugged hare.

- Bring the liquid to the boil and adjust the seasoning.
- Gradually add the blood to thicken the sauce.
- Do not boil or the sauce will separate.

7. CORNFLOUR

- Mix the cornflour with a little of the cold water, stock or milk to a smooth paste.
- Bring the remainder of the liquid to the boil, add the cornflour and reboil.

Note: Allow approximately 50 g of cornflour per litre of liquid.

8. EGG YOLKS

Use as appropriate to the recipe.

9. EGG YOLKS AND CREAM

Mix the cream and yolks together and add to the sauce or soup; do not reboil.

Note: The amount of egg yolks to cream may vary according to the recipe.

10. POTATO FLOUR (FECULE)

1. Mix potato flour with a little cold stock or water to a smooth paste.
2. Bring the remainder of the liquid to the boil, add the potato flour and reboil.

Note: Suitable for thickening certain soups and sauces.

PART 2 - KITCHEN

CHAPTER FOUR

Sauces

BROWN	VELOUTES
1. Brown	34. Americaine
2. Demi glace	35. Caper
3. Bordelaise	36. Chicken
4. Robert	37. Fish
5. Charcutiere	38. Mushroom
6. Chasseur	39. Nantua
7. Devilled	40. Shrimp
8. Jaeger	41. Supreme
9. Madeira	42. White wine
10. Onion	43. Zigeuner
11. Orange	
12. Piquante	WHITE
13. Poivrade	44. White
14. Reform	45. Cheese
	46. Mornay
BUTTER	47. Cream
15. Bearnaise	48. Egg
16. Choron	49. Mustard
17. Foyot	50. Onion
18. Hollandaise	51. Parsley
19. Maltaise	
20. Mousseline	UNCLASSIFIED
21. Paloise	52. Apple
	53. Barbecue
COLD	54. Bread
22. Andalouse	55. Chaud-froid (brown)
23. Cocktail	56. Chaud-froid (white)
24. Cumberland	57. Cranberry
25. Green sauce	58. Curry
26. Mayonnaise	59. Horseradish
27. Remoulade	60. Jus lie
28. Tartare	61. Mint
	62. Portugaise
DRESSINGS	63. Roast gravy
29. Acidulated cream	64. Tomato
30. French	
31. Lemon and Honey	
32. Vinaigrette	
33. Yoghurt	

INTRODUCTION

1. A sauce is a flavoured liquid usually thickened, which served to impart richness and flavour to food that otherwise might lack flavour on its own. Sauces are also used to counteract richness in certain foods and in addition to enhancing a dish they may also aid digestion.
2. The preparation of sauces is a skilled task requiring care and experience. Sauces are important to good cooking but are often neglected. The ability to produce tasty sauces is a vital part of achieving a good standard of cookery.
3. A sauce, if thickened, must be smooth, have a shine and a definite, but not overpowering taste. The texture must be light and not too thick. As a guide sauces should lightly coat the back of a spoon. This is the chefs traditional rule of thumb for a good sauce. However, to suit certain dishes, for example in cauliflower mornay, the sauce can be made thicker to adequately coat the cauliflower.

BASIC SAUCES

4. There are several sauces from which, in classical cookery, hundreds of other sauces can be created. Such sauces are referred to as “derivative sauces”. Some examples are:

<i>Sauce</i>	<i>Derivative</i>
White Sauce	- Cheese Sauce Egg Sauce
Veloute	- Mushroom
Brown Sauce	- Demi Glace
Demi-Glace	- Bordelaise Sauce Charcutiere Sauce
Hollandaise Sauce	- Bernaise Sauce Choron Sauce
Mayonnaise Sauce	- Cocktail Sauce Andalouse Sauce

Sauces Without Derivatives

5. A few sauces do not lend themselves to having derivatives. For example apple sauce and bread sauce.

LAST MINUTE ADDITIVES

6. To improve a sauces consistency, flavour, texture and appearance certain ingredients can be added immediately prior to serving. Some examples are:
 - a. Liaison of egg yolks and cream: For thickening a sauce once added do not reboil the sauce or it will curdle.
 - b. Sabayon of egg yolks: helps to achieve a good glaze or sheen for dishes finished under a grill. Do not reboil after the addition of a sabayon.
 - c. Chopped beef marrow: Sauce Bordelaise. Again do not reboil after adding the marrow to the sauce.
 - d. Cream: Withstands temperatures up to boiling point.
 - e. Butter: The technique of adding butter to a sauce is known as “monte au beurre” or mounting the

sauce with butter. Again do not reboil after adding the butter.

CARE AFTER PRODUCTION

7. After a sauce has been made, care must be taken to prevent a skin forming. This may be achieved by providing a tight fitting cover or cartouche.

BROWN SAUCES**1. BROWN SAUCE**
500 MILLILITRES*Ingredients*

Oil	50 g
Flour browned	60 g
Tomato puree	25 g
<u>Brown stock</u>	1 ltr
Onion	100 g
Carrots	100g
Bacon trimming	50 g
Bouquet garni	1
Black peppercorns	4

Method

1. Make a brown roux and cool if slightly.
2. Add the tomato puree.
3. Bring the stock to the boil and add it gradually to the roux stirring constantly.
4. Peel and dice the vegetables and bacon trimmings and fry them together. Drain and add to the sauce.
5. Simmer for 2 hours, skimming from time to time to remove any fat or scum, then strain and reboil.

2. DEMI GLACE SAUCE
500 MILLILITRES*Ingredients*

<u>Brown sauce</u>	500 ml
<u>Brown stock</u>	500 ml

Method

1. Place the stock and sauce in a saucepan, bring to the boil and reduce by half, skimming when necessary.
2. Pass through muslin.

3. BORDELAISE SAUCE
500 MILLILITRES*Ingredients*

Demi-glaze	500 ml
Shallots	50 g
Red wine	250 ml
Mignonette pepper	pinch
Thyme	1 sprig
Bayleaf	1 small
Beef marrow	100 g
Lemon juice	
<u>Meat glaze</u>	40 ml

Method

1. Poach the beef marrow.
2. Peel the shallots and cut them into fine dice. Put them into a saucepan with the pepper, thyme, bayleaf and red wine, bring to the boil and reduce by a third.
3. Add the demi-glaze and simmer for 30 minutes.
4. Strain through a muslin cloth.
5. Reboil and add the lemon juice, the meat glaze and the beef marrow finely chopped.
6. Adjust the seasoning and consistency.

4. ROBERT SAUCE

500 MILLILITRES

Ingredients

Butter	25 g
Onions	100 g
White wine	125 ml
<u>Demi glaze</u>	500 ml
English mustard	10 g
Sugar	5 g
Meat glaze	25 ml

Method

1. Melt the butter in a saucepan.
2. Peel the onions and cut them into fine dice and cook them in the butter without colouring.
3. Add the wine and reduce by two thirds. Add the demi-glaze and simmer for a further 15 minutes.
4. Add the sugar, the meat glaze and the diluted mustard; do not reboil.
5. Skim; adjust the consistency and seasoning.

5. CHARCUTIERE SAUCE
500 MILLILITRES*Ingredients*

<u>Robert sauce</u>	500 ml
Gherkins	25 g

Method

1. Cut the gherkins into julienne or fine dice.
 2. Add to the Robert sauce just before serving.
- Note:** This sauce is served with grilled or fried meat, usually pork.

6. CHASSEUR SAUCE
500 MILLILITRES*Ingredients*

Button mushrooms	150 g
Butter	50 g
Shallots	25 g
<u>Demi glaze</u>	500 ml
Tomato	150 g
Parsley	5 g
Tarragon	5 g
Dry white wine	125 ml

Method

1. Slice the mushrooms, peel and roughly chop the shallots and cut the tomatoes into concasse.
2. Melt the butter in a saucepan, add the chopped shallots and cook them for 3 minutes without colouring.
3. Add the sliced mushrooms, cover with a lid, cook for a further 3 minutes.
4. Strain off any excess fat, add the white wine and reduce by half.
5. Add the concasse of tomato and demi glaze and simmer for 10 minutes.
6. Adjust the seasoning and consistency and add the chopped parsley and tarragon.

Notes:

1. This sauce is usually served with fried steaks, chops and rosettes etc.
2. It is also used for chicken dishes, eg "Chicken saute chasseur", in which case substitute jus lie for demi-glaze.

7. DEVILLED SAUCE

500 MILLILITRES

Ingredients

Shallots or Onions	100 g
White wine	25 ml
Vinegar	25 ml
Mignonette pepper	5 g
<u>Demi-glace</u>	500 ml
Cayenne pepper	

Method

1. Peel the shallots/onions and cut them into fine dice then out them in a saucepan with the wine, vinegar and mignonette pepper and reduce by half.
2. Add the demi-glace and simmer for 10 minutes.
3. Season with cayenne pepper.
4. Pass through a fine strainer and adjust the consistency and seasoning.

Note: This sauce is usually served with grilled or fried fish.

8. JAEGER SAUCE

500 MILLILITRES

Ingredients

Mushrooms	700 g
Onions	200 g
Butter	50 g
<u>Demi-glace</u>	500 ml
Red wine	500 ml
Sugar	50 g

Method

1. Peel the onions and then cut them into fine dice, slice the mushrooms and saute both in the butter until tender.
2. Add the red wine and reduce by one third.
3. Add the demi-glace, bring to the boil and simmer for 15 minutes.
4. Adjust the seasoning and consistency.

Notes:

1. For a lighter sauce , substitute the demi-glace with thinned chicken veloute.
2. This sauce is usually served with pork or veal schnitzels.

9. MADEIRA SAUCE

500 MILLILITRES

Ingredients

<u>Demi-glace</u>	500 ml
Madeira wine	125 ml
Butter	50 g

Method

1. Reduce the demi-glace by a quarter
2. Remove it from the stove and add the wine.
3. Adjust the consistency and the seasoning.
4. Add the butter.
- 5.. Strain through a muslin cloth, keep hot but do not reboil.

Note: This sauce is served with meat dishes.

10. BROWN ONION SAUCE

500 MILLILITRES

Ingredients

Onions	100 g
Oil	15 ml
Vinegar	50 ml
<u>Demi-glace</u>	500 ml
Salt	
Pepper	

Method

1. Peel and shred the onions.
2. Fry them in the oil until golden brown.
3. Add the vinegar, boil and reduce by half.
4. Adjust the consistency and seasoning.

Note This sauce is served with meat dishes.

11. ORANGE SAUCE

500 MILLILITRES

Ingredients

Oranges	4
Lemons	2
Sugar	50 g
Vinegar	25 ml
<u>Jus lie</u>	500 ml

Method

1. Remove the zest from the oranges.
2. Cut the zest into julienne.
3. Blanch the zest in boiling water for 4 minutes, then refresh.
4. Make a caramel with the vinegar and sugar.
5. Add the juice of the oranges and lemons and reduce by half.
6. Add the jus lie and reboil.
7. Adjust the consistency and seasoning.
8. Strain through muslin and add the blanched zest of orange.
9. Cover until required for service.

12. PIQUANT SAUCE

500 MILLILITRES

Ingredients

Vinegar	50 ml
Onions/shallots	50 g
<u>Demi-glace</u>	500 ml
Gherkins	50 g
Chervil	5 g
Tarragon	5 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Peel the shallots/onions and cut them into fine dice then put them in a saucepan with the vinegar. Bring to the boil and reduce by half.
2. Add the demi-glace and simmer for twenty minutes.
3. Add the finely chopped chervil, tarragon and parsley.
4. Skim, adjust the seasoning and consistency.

Note: This sauce is served with made-up meat dishes.

13. POIVRADE SAUCE

500 MILLILITRES

Ingredients:

Carrots	100 g
Onions	100 g
Celery	100 g
Bay leaf	1
Thyme	1
Butter	25 g
White wine	50 ml
Vinegar	50 ml
<u>Demi-glaze</u>	500 ml

Method

1. Peel the carrots, onions and celery and cut them into mirepoix.
2. Heat the butter in a pan and fry the mirepoix with the bay leaf and thyme.
3. Pour off the surplus butter, add the wine and vinegar and reduce by half.
4. Add the demi-glaze, simmer for 25 minutes and then strain.
5. Pass through muslin cloth and adjust the consistency and seasoning.

Note: This sauce is usually served with venison.

14. REFORM SAUCE 500 MILLILITRES

Ingredients:

Oil	15 ml
Onions	25 g
Peppercorns	10
Bay Leaf	5 g
Vinegar	50 ml
Redcurrant jelly	50 g
<u>Demi-glaze</u>	500 ml
Cooked beetroot	50 g
Eggs	2
Gherkins	50 g
Cooked mushrooms	50 g
Cooked tongue	50 g
Salt	

Method

1. Peel the onions and cut them into fine dice then fry them in oil until lightly coloured.
2. Add the crushed peppercorns, bay leaf and vinegar and reduce by half.
3. Add the redcurrant jelly and demi glaze and simmer 10 minutes.
4. Strain, adjust the consistency and seasoning.
5. Add the cooked beetroot, egg white, tongue, gherkins and mushrooms cut into julienne, to the sauce and re-heat.

Note: This sauce is served with lamb cutlets.

BUTTER SAUCES

15. BEARNAISE SAUCE 500 MILLILITRES

Ingredients:

Shallots	50 g
Peppercorns	12
Fresh tarragon	10g
Tarragon vinegar	25 ml
Cold water	40 ml
Egg yolks 10	
Butter	400 g
Salt	
Pepper	
Chervil	10 g

Method

1. Peel the shallots and cut them into fine dice and crush the peppercorns. Place them in a non aluminium saucepan, add the tarragon stalks and tarragon vinegar. Bring to the boil, remove from the heat, cover and allow to infuse.
2. When the infusion has cooled, add the water and egg yolks.
3. Return to a low heat, whisking constantly until cooked to a sabayon.
4. Remove from the stove, allow to cool slightly and gradually whisk in all the butter.
5. Season and pass through a double thickness of muslin.
6. Add the finely chopped tarragon and chervil leaves.

Notes:

1. This sauce should be kept at blood heat or it may curdle.
2. A stainless steel hand bowl is a suitable utensil for this sauce.
3. This sauce is served with grilled fish or meat dishes.

16. CHORON SAUCE 625 MILLILITRES

Ingredients

<u>Bearnaise sauce</u>	500 ml
Tomato puree	125 ml

Method

Add the tomato puree to the bearnaise sauce and mix thoroughly.

Note This sauce is served with grilled fish or meat dishes.

17. FOYOT SAUCE 500 MILLILITRES

Ingredients

<u>Bearnaise sauce</u>	500 ml
<u>Meat glaze</u>	25 ml

Method

Add the meat glaze to the bearnaise sauce and mix thoroughly.

18. HOLLANDAISE SAUCE 500 MILLILITRES

Ingredients

White peppercorns	8
Vinegar	25 ml
Water	25 ml
Butter	500 g
Egg yolks	4
Salt	
Cayenne pepper	

Method

1. Crush the peppercorns and place them in a non-aluminium saucepan, add the vinegar and reduce by three quarters.
2. Remove from the heat and add the water.
3. Add the yolks to the reduction and whisk over a low heat until the mixture attains the consistency of cream.
4. Gradually whisk in the butter, season and pass through a muslin cloth.
5. Keep warm for service.

Notes:

1. This sauce should be kept at blood heat or it may curdle.
2. Stainless steel hand bowl is a suitable utensil for this sauce.
3. This sauce is served with grilled fish or meat dishes.

19. MALTAISE SAUCE 500 MILLILITRES

Ingredients

<u>Hollandaise sauce</u>	500 ml
Blood oranges	2

Method

1. Grate the zest from the oranges, squeeze out the juice.
2. Mix the zest and juice of oranges with hollandaise sauce.

Note: Serve with asparagus.

20. MOUSSELINE SAUCE

750 MILLILITRES

Ingredients

<u>Hollandaise sauce</u>	500 ml
Double cream	250 ml

Method

1. Lightly whip the cream
2. Add the cream to the hollandaise and mix thoroughly.

Note: This sauce is served with hot fish or vegetable dishes.

21. PALOISE SAUCE

500 MILLILITRES

Ingredients

Shallots	50 g
Peppercorns	2
Fresh mint	10 g
Vinegar	25 ml
Cold water	40 ml
Egg yolks	10
Butter	400 g
Salt	
Pepper	

Method

1. Peel the shallots and cut them into fine dice and crush the peppercorns. Place them in a non aluminium saucepan and add the vinegar. Bring to the boil, cover and allow to infuse.
2. Allow to cool, add the water and egg yolks.
3. Return to a low heat, whisking constantly until cooked to a sabayon.
4. Remove from the heat and allow to cool slightly then gradually whisk in the butter, season and pass through a muslin cloth.
5. Finely chop the mint and add it to the sauce.

Notes:

1. The sauce should be kept at blood heat or it may curdle.
2. A stainless steel hand bowl is a suitable utensil for this sauce.

COLD SAUCES

22. ANDALOUSE SAUCE

500 MILLILITRES

Ingredients

<u>Cocktail sauce</u>	500 ml
Pimento	50 g

Method

1. Remove the seeds and core from the pimento and cut the flesh into julienne.
2. Add the pimento into the sauce.

Note: This sauce is usually served with fried fish.

23. COCKTAIL SAUCE

500 MILLILITRES

Ingredients

Mayonnaise	375 ml
<u>Tomato ketchup</u>	125 ml
Worcester sauce	
Cayenne pepper	

Method

1. Mix together the mayonnaise and ketchup.
2. Add Worcester sauce and cayenne pepper.

Note: This sauce should be salmon pink in colour.

24. CUMBERLAND SAUCE

500 MILLILITRES

Ingredients

Redcurrant jelly	500 g
Port wine	125 ml
Shallots	20 g
Lemon	1
Orange	1
English mustard	5 g

Method

1. Dissolve the jelly and port together and allow to cool.
2. Peel the shallots and cut them into fine dice, then blanch them for one minute in boiling water. Allow then to drain.
3. Remove the zest from the orange and cut it into fine julienne. Blanch and drain.
4. Squeeze the juice from the oranges and lemon and add it to the melted jelly and port, add the remaining ingredients and mix thoroughly.

Note: This sauce can be served with ham or venison.

25. GREEN SAUCE

500 MILLILITRES

Ingredients

<u>Mayonnaise</u>	500 ml
Spinach	15 g
Watercress	15 g
Parsley	5 g
Chervil	5 g
Tarragon	5 g

Method

1. Blanch and puree the spinach, watercress, parsley, chervil, and tarragon.
2. Mix the puree with the mayonnaise and adjust the seasoning.

26. MAYONNAISE

500 MILLILITRES

Ingredients

Egg yolks	4
Mustard	10 g
Salad oil	500 ml
Vinegar	50 ml
Salt	
Pepper	

Method

1. Place the egg yolks into a basin, add the mustard and mix with a little of the vinegar.
2. Slowly add the oil whisking constantly. As the sauce thickens add a little vinegar, continue until all the oil and vinegar have been incorporated then, season with salt and pepper.

Notes:

1. In cold weather remove the chill from the oil by warming it to blood heat.
2. If required 5 g of sugar may be added.
3. This sauce is mainly served with or used in salads and fish dishes.

27. REMOULADE SAUCE 500 MILLILITRES

Ingredients

<u>Mayonnaise</u>	500 ml
French mustard	25 g
Gherkins	10 g
Capers	10 g
Parsley	5 g
Chervil	5 g
Tarragon	5 g
Anchovy essence	

Method

1. Finely chop the gherkins, capers, chervil, tarragon and parsley.
2. Add them to the mayonnaise and mix thoroughly.

Note: This sauce is usually served with fried fish.

28. TARTARE SAUCE 500 MILLILITRES

Ingredients

Parsley	10 g
Capers	50 g
Gherkins	50 g
<u>Mayonnaise</u>	500 ml
Salt	
Pepper	

Method

1. Finely chop the capers, gherkins and parsley.
2. Add them to the mayonnaise and mix thoroughly.

Note: This sauce is usually served with deep fried fish dishes.

29. ACIDULATED CREAM 500 MILLILITRES

Ingredients

Whipping cream	500 ml
Lemon	1
Salt Pepper	

Method

1. Lightly whip the cream
2. Add the lemon juice and season with salt and pepper.

Note: Do not over mix the cream or it will solidify. Sour cream is a commercially available product for use as a dressing and in hot dishes.

30. FRENCH DRESSING 450 MILLILITRES

Ingredients

French mustard	5 g
Salad oil	300 ml
Vinegar	150 ml
Tarragon leaves	5 g
Garlic	1
Chervil sprigs	5 g
Basil leaves	5 g
Salt	

Method

1. Crush the herbs and garlic in the oil for one hour.
2. Infuse the herbs and garlic in the oil for one hour.
3. Add the vinegar and French mustard and mix together.

4. Correct the seasoning and strain through a sieve.

Note: Store the dressing in a bottle. Shake well prior to use.

31. LEMON AND HONEY DRESSING 250 MILLILITRES

Ingredients

Clear honey	20 ml
Lemon	3
Salad Oil	200 ml

Method

1. Mix the honey and lemon juice together.
2. Add the oil a little at a time and mix thoroughly.

Note: Store the dressing in a bottle and shake well before use.

32. VINAIGRETTE 450 MILLILITRES

Ingredients

English mustard	5 g
Vinegar	150 ml
Salad Oil	300 ml
Salt	
Pepper	

Method

1. Dilute the mustard with a little of the vinegar, mix with the salad oil then season with salt and pepper.

Notes:

1. Store in a suitable bottle. Shake well prior to use.
2. A pinch of sugar may be added if desired.
3. Vinaigrette is used as a dressing for a wide variety of salads.

33. YOGHURT DRESSING 500 MILLILITRES

Ingredients

Plain yoghurt	500 ml
Lemon juice	1
Salt	
Pepper	

Method

1. Beat the yoghurt until smooth then add the lemon juice and season.

VELOUTE

34. AMERICAINE SAUCE 500 MILLILITRES

Ingredients

Live hen lobster	1x1 kg
Shallots	50 g
Carrots	50 g
Garlic	1 clove
Oil	50 ml
Brandy	50 ml
White wine	50 ml
<u>Fish stock</u>	500 ml
<u>Meat glaze</u>	25 g
Tomato puree	25 g
Bouquet garni	1 small
Tomatoes	200 g
<u>Fish veloute</u>	250 ml
Butter	100 g

Method

- Place the lobster on a board. Hold the lobster firmly and insert a trussing needle or the point of a knife through the cross mark on the centre of the head.
- Remove the two large claws from the body of the lobster and crack the shell across the middle; the meat will be removed when cooked.
- Separate the body from the tail and cut the tail into 4 pieces across the shell.
- Cut the body in two lengthways, and remove the gravel bag. Remove and place on one side the intestines and coral which are reserved for finishing the sauce.
- Crush and chop the garlic, peel and roughly chop the shallots and peel and dice the carrots.
- Heat the oil in a saucepan until very hot, add the pieces of lobster and body shell and fry over a fierce heat until the flesh has stiffened and the shell is bright red in colour.
- Add the carrots, shallots and garlic and saute for 3 minutes, drain off all the surplus oil and flambe with the brandy.
- Add the wine, fish stock, meat glaze, tomato puree, bouquet garni and the chopped tomatoes, bring to the boil, season and skim.
- Cover with a lid and cook over a gentle heat or in a moderate oven for 10 minutes then remove the lobster and shells from the liquor. Remove the lobster meat from the shell.
- Reboil the liquor, reduce by two thirds.
- Pound the lobster meat and shell in a mortar. Mix it with the veloute and add to the liquor.
- Pass the coral and intestines through a sieve and add an equal amount of butter. Whisk this mixture into the sauce and then pass the sauce through the fine conical strainer into a saucepan.
- Reheat without boiling, place in a bain marie and gradually whisk in the remaining butter.

35. CAPER SAUCE 500 MILLILITRES

Ingredients

Margarine	50 g
Flour	50 g
<u>Stock</u>	500 ml
<u>Capers</u>	25 g
Salt	
Pepper	

Method

- Make a blond roux with the margarine and flour. Allow it to cool slightly.
- Boil the lamb stock and add it gradually to the roux stirring constantly.
- Simmer for 30 minutes then strain. Add the seasoning and the capers.

Note: This sauce is usually served with boiled mutton dishes.

36. CHICKEN VELOUTE 500 MILLILITRES

Ingredients

Margarine	50 g
Flour	50 g
<u>Chicken stock</u>	500 ml
Salt	
Pepper	

Method

- Make a blond roux with the margarine and flour and allow to cool slightly.
- Boil the chicken stock and add it gradually to the roux stirring constantly.

- Simmer for 30 minutes adjust the seasoning, strain through a sieve and cover with a lid or cartouche.

37. FISH VELOUTE 500 MILLILITRES

Ingredients

Margarine	50 g
Flour	50 g
<u>Fish stock</u>	500 ml
Salt	
Pepper	

Method

- Make a blond roux with the margarine and flour. Allow it to cool slightly.
- Boil the fish stock and add it gradually to the roux stirring constantly.
- Simmer for 30 minutes, adjust the seasoning, strain through a sieve and cover with a lid or cartouche.

38. MUSHROOM SAUCE 500 MILLILITRES

Ingredients

<u>Chicken veloute</u>	500 ml
<u>Chicken stock</u>	500 ml
Mushrooms	125 g
Egg yolk	1
Single cream	
Salt	
Pepper	

Method

- Put the stock, veloute and mushrooms into a saucepan, bring to the boil and reduce by half.
- Remove from the heat, add the liaison of egg yolk and cream, adjust the seasoning and strain through a sieve.

Notes:

- Do not reboil.
- This sauce is served with poached or boiled poultry dishes.

39. NANTUA SAUCE 500 MILLILITRES

Ingredients

Carrots	15 g
Onions	15 g
Bacon	15 g
<u>Lobster/Crayfish butter</u>	100 g
White wine	50 ml
Brandy	25 ml
Tomatoes	125 g
Tomato puree	25 g
<u>Fish veloute</u>	500 ml
Cream	125 g
Cayenne pepper	
Salt	

Method

- Cut the carrots, onions and bacon into mirepoix and saute them in the crayfish butter.
- Concasse the tomatoes and add them with the wine and brandy and the tomato puree.
- Bring to the boil and reduce by one third.
- Add the fish veloute and simmer for ten minutes.
- Add the cayenne pepper, adjust the seasoning, strain through a muslin cloth and add the cream.

Note: This sauce is used with boiled or poached fish dishes.

40. SHRIMP SAUCE 500 MILLILITRES

Ingredients

<u>Fish veloute</u>	500 ml
Picked shrimps	100 g
Salt	
Cayenne Pepper	

Method

1. Bring the fish veloute to the boil
2. Adjust the seasoning and consistency using the fish stock.
3. Pass through a fine strainer and add the shrimps.

41. SUPREME SAUCE 500 MILLILITRES

Ingredients

<u>Chicken veloute</u>	375 ml
<u>Chicken stock</u>	375 ml
Mushroom trimmings	25 g
Single cream	50 ml
Butter	25 g
Salt	
Pepper	

Method

1. Put the stock, veloute and mushroom trimmings into a saucepan, bring to the boil and reduce by one third.
2. Strain the sauce through muslin.
3. Reboil, adjust the seasoning, stir in the cream and the butter. Do not re-boil.

Note: This sauce is usually served with poultry dishes.

42. WHITE WINE SAUCE 500 MILLILITRES

Ingredients

<u>Fish veloute</u>	500 ml
<u>Fish glaze</u>	25 ml
White wine	50 ml
<u>Fish stock</u>	100 ml
Butter	100 g
Fresh double cream	100 ml
Salt	
Pepper	

Method

1. Put the fish stock, white wine and fish glaze into a saucepan and reduce to an essence.
2. Add the veloute and the cream, reboil and reduce to a coating consistency. Remove from the heat and allow to cool slightly.
3. Stir in the butter gradually, pass through muslin and adjust the seasoning. Do not reboil.

Note: If the sauce is to be used for glazing, add a two egg yolks sabayon prior to Stage 3. This sauce is served with fish dishes.

43. ZIGEUNER SAUCE 500 MILLILITRES

Ingredients

Mushrooms	50 g
Red peppers	50 g
Green peppers	50 g
Cucumber or dill gherkin	50 g
Onion	50 g
<u>Chicken veloute</u>	500 ml
Oil	25 ml
Tomato ketchup	125 ml

Salt
Pepper

Method

1. Peel and finely shred the onions. Remove the core and seeds from the peppers and slice the flesh. Slice the mushrooms and the cucumber or gherkin into julienne.
 2. Fry in the oil without colouring. Add the chicken veloute, tomato ketchup and seasoning. Bring to the boil and simmer until the vegetables are just cooked.
 3. Skim and adjust the seasoning.
- Note:** This sauce is usually served with veal or pork schnitzels.

WHITE SAUCES

44. WHITE SAUCE 500 MILLILITRES

Ingredients

Margarine	50 g
Flour	50 g
Milk	500 ml
Onion (studded with cloves)	25 g
Salt	
Pepper	

Method

1. Make a white roux with the margarine and flour and allow to cool slightly.
2. Place the onion in the milk and bring to the boil then remove the onion.
3. Gradually add the boiling milk to the roux, stirring continuously.
4. Simmer for thirty minutes. Adjust the seasoning, pass through a fine strainer and cover with a lid or cartouche.

45. CHEESE SAUCE 500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
<u>Cheddar cheese</u>	60 g
Cayenne pepper	

Method

1. Grate the cheese.
2. Boil the white sauce then stir in the cheese and cayenne pepper, do not reboil.

46. MORNAY SAUCE 500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
<u>Cheddar cheese</u>	50 g
Egg yolks	2
Cayenne pepper	

Method

1. Grate the cheese.
2. Boil the white sauce then stir in the cheese and cayenne pepper.
3. Cook the egg yolks to a sabayon.
4. Add the sabayon to the cheese sauce, do not reboil.

Note: This is a glazing sauce which may be served with fish, vegetables, egg and pasta dishes.

47. CREAM SAUCE 500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
Fresh double cream	75 ml

Method

1. Hard boil the eggs, cool them under cold running water and remove the shells then cut them into dice.
2. Add them to the sauce.

Note: This sauce is normally served with poached or steamed fish.

48. EGG SAUCE

500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
Eggs	2

Method

1. Hard boil the eggs, cool then under cold running water and remove the shells then cut them into dice.
2. Add them to the sauce.

Note: This sauce is normally served with poached or steamed fish.

49. MUSTARD SAUCE

500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
English mustard	25 g

Method

1. Prepare the mustard by adding a little water.
2. Boil the white sauce then remove it from the heat and stir in the mustard. Do not reboil.

Note: This sauce is normally served with grilled herrings.

50. ONION SAUCE

500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
Onions	100 g

Method

1. Peel and shred the onions and cook them in a little water until tender.
2. Boil the white sauce and add the onions.

Note: This sauce is usually served with roast lamb.

51. PARSLEY SAUCE

500 MILLILITRES

Ingredients

<u>White sauce</u>	500 ml
Parsley	20 g

Method

1. Wash and roughly chop the parsley.
2. Boil the white sauce and add it to the parsley.

Note: This sauce is normally served with poached or steamed fish and certain boiled vegetables.

UNCLASSIFIED

52. APPLE SAUCE

500 MILLILITRES

Ingredients

Cooking apples	500 g
Water	50 ml
Sugar	

Method

1. Wash, peel, core and quarter the apples.
2. Place them in a saucepan with the water, cover with a lid, bring to the boil and simmer until cooked.
3. Pass through a fine sieve, reheat and serve.
4. If the apples are excessively tart, sugar may be added.

Note: This sauce is served with pork.

53. BARBECUE SAUCE

1 LITRE

Ingredients

Onions	100 g
Celery	100 g
Red peppers	50 g
Green peppers	50 g
Tomatoes	500 g
Mushrooms	50 g
Oil	25 ml
Cornflour	25 g
Garlic	2 cloves
Paprika	25 g
Sugar	50 g
Worcester sauce	50 g
Chilli sauce	
<u>Brown stock</u>	500 ml
Salt	
Pepper	

Method

1. Peel and finely chop the onions. Blanch and finely dice the tomatoes. Remove the seeds and cores from the red and green pepper. Slice the mushrooms. Peel and finely dice the celery and crush the garlic.
2. Heat a little oil in a pan, add the onions, crushed garlic, celery and peppers and saute until tender.
3. Add the tomatoes, mushrooms, stock, sugar and seasonings. Bring to the boil and simmer for 30 minutes.
4. Thicken with the cornflour, adjust the seasoning and serve.

54. BREAD SAUCE

500 MILLILITRES

Ingredients

Milk	500 ml
Onion	1
Fresh white breadcrumbs	100 g
Margarine	25 g
Cloves	2

Method

1. Peel the onion and stud it with the cloves then put it with the milk into a saucepan and bring to the boil.
2. Remove from the heat, add the breadcrumbs and then stand the pan in a bain marie for 15 minutes.
3. Remove the onion and add the margarine, allow it to melt on the surface of the sauce.
4. Adjust the seasoning and mix in the margarine before serving.

Note: This sauce is served with poultry and game.

55. BROWN CHAUD-FROID SAUCE

500 MILLILITRES

Ingredients

<u>Demi-glaze</u>	500 ml
Leaf gelatine	25 g

Method

1. Soak the gelatine in cold water.
2. Bring the demi-glaze to the boil, adjust the seasoning.
3. Remove it from the heat and add the gelatine ensuring it dissolves completely then strain the sauce through a muslin cloth.

Notes:

1. If powdered gelatine is used, increase the amount by 15 g
2. This sauce is used to glaze meat and poultry for cold buffets.

56. WHITE CHAUD-FROID SAUCE

500 MILLILITRES

Ingredients

<u>Veloute</u>	500 ml
Cream	50 ml
Leaf gelatine	25 g

Method

1. Soak the gelatine in cold water.
2. Bring the veloute to the boil and adjust the seasoning.
3. Remove it from the heat and add the gelatine ensuring it dissolves completely then strain the sauce through a muslin cloth. Stir in the cream.

Notes:

1. If powdered gelatine is used increase the amount by 15 g.
2. This sauce is used to glaze fish, meats or poultry for cold buffets.

57. CRANBERRY SAUCE

500 MILLILITRES

Ingredients

Cranberries	250 g
Water	125 ml
Sugar	125 g

Method

1. Wash the cranberries.
2. oil them in a saucepan with the sugar and water until the berries are soft and form a light paste.
3. The sauce may be sieved but this is not essential.

Note: This sauce is traditionally served with turkey but can be used with other poultry.

58. CURRY SAUCE

500 MILLILITRES

Ingredients

Oil	25 ml
Garlic	1 clove
Flour	25 g
Cooking apples	50 g
Chutney	50 g
Desiccated coconut	15 g
Onions	100
Curry powder	15 g
Tomato puree	15 g
<u>White stock</u>	625 ml
Sultanas	25 g
Salt	
Pepper	

Method

1. Peel and roughly chop the onions and peel and finely chop the garlic and cook them together in the oil without colouring.
2. Add the flour and curry powder and cook to a sandy texture. Boil the white stock.
3. Add the tomato puree, allow the mixture to cool then gradually add the white stock and mix to a smooth texture.
4. Peel, core and roughly chop the apple and add it to the sauce.
5. Add the remaining ingredients, adjust the seasoning and simmer for 30 minutes then pass the sauce through a strainer.

59. HORSERADISH SAUCE

250 MILLILITRES

Ingredients

Horseradish	50 g
Fresh whipping cream	200 ml
Lemon	1
Salt	
Pepper	

Method

1. Wash and peel the horseradish and rub it through fine grater.
2. Lightly whisk the cream. Squeeze the juice from the lemon.
3. Fold in the horseradish and the lemon juice with the cream and adjust the seasoning.

60. JUS LIE

500 MILLILITRES

Ingredients

Veal or chicken bones	500 g
Oil	25 g
Carrots	50 g
Onions	50 g
Celery	50 g
Tomatoes	200
<u>Brown stock</u>	1 ltr
Bouquet garni	1 small
Arrowroot/cornflour	50 g

Method

1. Saw the bones into small pieces.
2. Heat the oil in a saucepan, place in the bones; cover with a lid and apply gradual heat allowing the bones to colour and the juices to form a residue on the bottom of the pan.
3. Peel and dice the carrots, onions and celery and then saute them together.
4. Drain off the fat and add the tomatoes roughly chopped.
5. Cover with the stock, add the bouquet garni and reduce by half.
6. Skim and pass through a fine strainer; reboil then simmer.
7. Mix the arrowroot/cornflour with cold water and stir into the sauce.
8. Simmer for a further 3 minutes only and adjust the seasoning.

Notes:

1. If arrowroot is used instead of cornflour and brighter sauce will be produced. Care should be taken not to simmer the sauce for too long as the consistency will be affected.
2. The sauce should be a rich mahogany colour.

61. MINT SAUCE

500 MILLILITRES

Ingredients

Vinegar	500 ml
Mint leaves	50 g
Sugar	50 g

Method

1. Wash and finely chop the mint leaves.
2. Place them into a basin with the sugar and vinegar and allow to stand for one hour.
3. Stir thoroughly before serving.

Notes:

1. When using dried mint, bring it to the boil in a little water and allow to infuse before adding the vinegar.
2. This sauce is served with roast lamb.

62. PORTUGAISE SAUCE

500 MILLILITRES

Ingredients

Onions or shallots	50 g
Olive oil	125 ml
Garlic	1 clove
Tomatoes	400 g
<u>Tomato sauce</u>	200 ml

Method

1. Concasse the tomatoes and finely peel and chop the garlic. Peel the onions or shallots, cut them into fine dice and fry them in the oil.
2. Add the garlic and tomato and fry together.
3. Add the tomato sauce and seasoning and bring to the boil then simmer for one minute.

63. ROAST GRAVY

500 MILLILITRES

Ingredients

Meat juices from roasted joints

Brown stock 500 ml

Salt

Pepper

Method

1. During the roasting process a proportion of the juices and fats contained in meat joints and poultry escape into the bottom of the roasting dish.
2. Remove the cooked joints from the dish.
3. Pour off the excess fat leaving the meat juices behind.
4. Heat these on the stove top to a temperature which will evaporate the moisture and leave a thick meaty residue.
5. Add the brown stock, bring to the boil and season.
6. Strain and serve with the carved joint.

64. TOMATO SAUCE

500 MILLILITRES

Ingredients

Bacon trimmings	25 g
Onion	25 g
Carrot	25 g
Celery	15 g
Margarine	25 g
Flour	25 g
Tomato puree	125 g
<u>White stock</u>	500 ml
Tomatoes	125
Bouquet garni	1
Malt vinegar	60 ml
Sugar	10 g

Salt

Pepper

Method

1. Peel and dice the onions and carrots. Dice the bacon. Cut the tomatoes into quarters.

2. Fry the bacon in the margarine, add the diced vegetables and fry to a light golden colour.
3. Add the flour and cook to a sandy mixture.
4. Add the tomato puree, and the stock and bring to the boil.
5. Add the tomatoes and the bouquet garni.
6. Cover with a lid and simmer for one hour.
7. Skim, pass through a fine strainer and reboil.
8. Boil together the vinegar and sugar in a saucepan until reduced by half then add to the tomato sauce and adjust the seasoning.

PART 2 - KITCHEN

CHAPTER FIVE

Hors D'oeuvres

EGG

1. Egg mayonnaise
2. Stuffed eggs

FISH

3. Anchovy fillets
4. Anchovy fillets rolled
5. Caviare
6. Crab, dressed
7. Fish mayonnaise
8. Fish pate
9. Lobster, prawn or shrimp cocktail
10. Lobster mayonnaise
11. Mackerel Portugaise
12. Oysters
13. Herrings, pickled
14. Sardines
15. Smoked fish
16. Soft roes

FRUIT

17. Avocado
18. Florida cocktail
19. Grapefruit
20. Grapefruit cocktail
21. Melon
22. Melon cocktail

MEAT

23. Liver pate
24. Smoked meat

VEGETABLES

25. Cucumber and pimento
26. Gherkins
27. Globe artichoke
28. Grecian style
29. Olives
30. Portuguese style
31. Tomatoes Americaine

INTRODUCTION

1. Hors d'oeuvre may be made from a wide variety of fish, meats or marinated vegetables and salad items. Almost all foodstuffs can be utilised in making hors d'oeuvres, but each item should be seasoned and flavoured according to its nature. The aim is to serve a minimum of six varieties, all of which have contrasting flavours and colours and are stimulating to the palate. Hors d'oeuvres are served as a first course, normally at a lunch meal. The more expensive categories of food such as smoked salmon, caviare, melon, oysters, smoked ham, may be included as part of the hors d'oeuvres or may be served on their own in place of hors d'oeuvres at either lunch or dinner. Presentation is an all important factor second only to the flavour in the making of hors d'oeuvres.

2. Whilst a neat and clean appearance is necessary, it is a mistake to over decorate. Hors d'oeuvre should be served sparingly to stimulate the appetite rather than to satisfy hunger. A simple set of hors d'oeuvres might consist of the following:

- a. Egg Mayonnaise.
- b. Tomato Salad.
- c. Sardines or Anchovies
- d. Cooked Vegetable Salad.
- e. Potato Salad.
- f. Fish Salad or Mayonnaise.
- g. Raw Vegetable Salad, endive, pimento, celery, etc.
- h. Meat Salad, beef, salami, liver pate etc.

1. EGG MAYONNAISE 10 PORTIONS

Ingredients

Eggs	5
<u>Mayonnaise</u>	125 ml
Lettuce (half a head)	
<u>Vinaigrette</u>	10 ml
Paprika	

Method

1. Hard boil the eggs, cool and remove the shells.
2. Wash, dry and shred the lettuce and place it in an hors d'oeuvre dish. Season with vinaigrette.
3. Slice or cut the eggs in half and arrange on a bed of lettuce.
4. Mask the eggs with mayonnaise.
5. Decorate with paprika.

2. STUFFED EGGS 10 PORTIONS

Ingredients

Eggs	5
Pimentoes	15 g
Butter	50 g
Capers	20
Mustard	1 punnet
Salt	
Pepper	

Method

1. Hard boil the eggs, cool and remove the shells. Cut a thin slice off each end of each egg.
2. Cut the eggs in half using a pointed knife and leaving a serrated edge. Remove the yolks and pass them through a sieve into a china basin.
3. Add the butter, salt and pepper and mix thoroughly.
4. Place the halves of egg white on an hors d'oeuvre dish and fill the centre with the yolk of egg mixture using a piping bag with a star tube.
5. Place a caper and a piece of pimento on top of each egg and serve garnished with mustard and cress.

FISH

3. ANCHOVY FILLETS 10 PORTIONS

Ingredients

Anchovy fillets	20
Egg	1
Capers	10 g
Parsley (chopped)	
Salad oil	

Method

1. a. If the anchovies are pickled in brine, wash them carefully and drain on a cloth. Wipe them to remove the skin, and take out the backbone. Trim the fillets, cut into strips and sprinkle with a few drops of salad oil.
b. If the anchovies are filleted remove from the tin or jar and drain off the surplus oil. Cut the fillets into thin strips.
 2. Arrange the strips of anchovy on hors d'oeuvre dishes to form a diamond trellis pattern. Place a caper in the centre of each diamond.
 3. Hard boil eggs, cool and remove the shell. Pass the white and yolk through a sieve keeping the white separate from the yolk.
 4. Decorate the edge of each dish with a border of yolk of egg, white of egg and chopped parsley.
 5. Sprinkle a few drops of oil over the fillets of anchovy and serve.
- ### 4. ANCHOVY FILLETS ROLLED 10 PORTIONS

Ingredients

Anchovy fillets	30
Egg	1
Capers	10 g
Parsley (chopped)	
Salad oil	

Method

1. Roll up each anchovy fillet and arrange them in hors d'oeuvre dishes.
2. Place a caper in the centre of each fillet.
3. Hard boil the egg, cool and remove the shell. Pass the white and yolk through a sieve keeping the white separate from the yolk.
4. Decorate the edges of each dish with a border of yolk of egg, white of egg and chopped parsley.
5. Sprinkle a few drops of oil over the fillets of anchovy and serve.

5. CAVIAR

Caviar is purchased ready for serving in tins or earthenware jars. It should be stored at a low temperature, but not frozen.

Serve in the original container on crushed ice, with quarters of lemon, melba toast or brown bread and butter served separately.

About 25 g constitutes a portion. Caviar is very expensive, but there are available, a number of substitutes closely resembling caviar such as lumpfish roe which are less expensive.

6. DRESSED CRAB 8 PORTIONS

Ingredients

Crab	1 kg
Brown breadcrumbs	25 g
<u>Mayonnaise</u>	125 ml
Egg	1
<u>Vinaigrette</u>	25 ml
Parsley (chopped)	
Worcestershire sauce	

Method

1. If live, boil the crab in salt water for 20 minutes.
2. Allow to cool in the stock.
3. Remove the legs and claws, crack them open and remove the flesh. This is called the "white meat".
4. Remove the tail and the undershell, it will break away neatly at a natural line near the edge of the shell. Remove the gills, and the intestines and stomach bag found near to the head. Scoop out all the contents of the shell. This part remaining is called the "dark meat".
5. Wash the shell thoroughly.
6. Chop the dark meat and pass it through a sieve, into a basin, add the breadcrumbs and stir in 25 ml of mayonnaise and a dash of Worcestershire sauce.
7. Place the white meat in a basin and lightly break it up with a fork, season with salt and sprinkle the vinaigrette. Place the dark meat in the centre of the shell and arrange the white meat on either side.
8. Hard boil the egg, allow to cool and remove the shell.
9. Pass the yolk and white of the egg through a sieve separately. Decorate the dark meat with the sieved egg and chopped parsley.
10. Serve with the remainder of the mayonnaise separately.

7. FISH MAYONNAISE 10 PORTIONS

Ingredients

White fish	200 g
Lettuce (half a head)	
<u>Vinaigrette</u>	25 ml
<u>Mayonnaise</u>	125 ml
Anchovy fillets	3
Olives	2
Gherkins	2
Egg	1
Tomatoes	2

Method

1. Poach and flake the fish; place on a dish, sprinkle with the dressing and allow to soak.
2. Wash, dry and shred the lettuce, place it in an hors d'oeuvre dish and season with vinaigrette. Place the flaked dish on the lettuce.
3. Mask with mayonnaise and decorate with a trellis of strips of anchovy fillets, fans of gherkins, stoned olives, hard boiled egg and sections of skinned tomatoes cut into wedges.

8. FISH PATE

10 PORTIONS

Ingredients

Smoked fish	250 g
Butter	250 g
Black Pepper	

Method

1. Remove the skin and bones from the fish.
2. Pound the flesh in a mortar or mince it and then pass it through a sieve.
3. Soften the butter and mix it with the fish.
4. Season with finely ground black pepper and divide between ramekins.
5. Serve with hot toast.

Note: Smoked mackerel, smoked trout, smoked salmon or kipper fillets can be used.

9. LOBSTER, PRAWN OR SHRIMP COCKTAIL

10 PORTIONS

Ingredients

Cooked lobster, prawns or shrimps	300 g
<u>Cocktail sauce</u>	250 ml
Lettuce (half a head)	

Method

1. Wash, dry and finely shred the lettuce.
2. Arrange a small quantity in each glass.
3. If lobster is used cut it into 5 mm dice. prawns and shrimps are left whole.
4. Place the shellfish in the glasses on top of the lettuce.
5. Mask over with the sauce.

Note: Wine, champagne or coupe glasses may be used for the service of this dish. Decorate the side of the glass with a prawn or shrimp.

10. LOBSTER MAYONNAISE

8 PORTIONS

Ingredients

Cooked lobster meat	200 g
Eggs	2
Vinaigrette	25 ml
<u>Mayonnaise</u>	100 ml
Lettuce	1
Tomatoes	2
Capers	8
Anchovy fillets	2

Gherkins

4

Method

1. Wash, dry and finely shred the lettuce, place it in an hors d'oeuvre dish. Season with vinaigrette.
2. Peel the tomatoes and cut them into wedges.
3. Cut the lobster meat into neat scallops. Arrange on top of lettuce and mask with mayonnaise.
4. Decorate with strips of anchovy fillets, capers, fans of gherkins, wedges of hard boiled eggs and skimmed tomatoes.

11. MACKEREL PORTUGAISE

10 PORTIONS

Ingredients

Fillets of mackerel	5
Tomatoes	100 g
Tomato puree	10 g
Oil	25 g
Onions	25 g
Bouquet garni	1 small
Vinegar	75 g
Olives stoned	4
Garlic	
Salt	
Pepper	

Method

1. Peel the onions and cut the flesh into fine dice. Place into a buttered dish.
2. Blanch and skin the tomatoes, cut in half, remove the seeds and cut the flesh into fine dice.
3. Cut each fillet diagonally into four pieces and arrange on the chopped onion.
4. Add the diced tomatoes, bouquet garni, garlic, seasoning and the olives sliced lengthways.
5. Mix the vinegar, tomato puree and oil together and pour over the fish.
6. Cover with greaseproof paper and cook in an oven at 180°C.
7. Serve cold in an hors d'oeuvre dish allowing two pieces of fish per person.

12. OYSTERS

Method

1. Scrub thoroughly and drain. Do not store in water.
2. Place the oyster in a cloth and hold it in the palm of the hand, flat shell uppermost. Insert the oyster knife into the hinge and lever upwards to avoid damaging the oyster. If an oyster is already open it should be discarded as the oyster is dead.
3. Remove the flat shell and loosen the oyster in the bottom shell by passing the knife underneath. Reserve the natural juice with its delicious flavour and serve in the half shell accompanied by lemon wedges, cayenne pepper, tabasco sauce and brown bread and butter all served separately.
4. The minimum portion of oysters is 6 per person.

13. PICKLED HERRINGS

10 PORTIONS

Ingredients

Fresh herrings	5
Small chillies	10
Bay leaf	1
White peppercorns	12
Onions	50 g
Allspice	6
White vinegar	75 ml
Water	75 ml

Method

1. Scale, wash and fillet the herrings.
2. Wash thoroughly in running water to bleach them.
3. Drain and roll up each fillet with the skin on the outside enclosing a thin slice of onion and a chilli in each.
4. Arrange the rolled fillets in a glass jar and in between the layers put thin slices of onion and the peppercorns and all spice.
5. Cover with the white vinegar and water and add the bay leaf.
6. Allow to pickle for 7 days in a refrigerator or cold room.
7. For service slice the roll mop into three and arrange in an hors d'oeuvre dish with a little of the liquor.

14. SARDINES

10 PORTIONS

Ingredients

Tinned sardines in oil	10
Parsley	

Method

1. Open the tins of sardines drain off most of the oil and arrange the whole sardines neatly in an hors d'oeuvre dish.
2. Garnish with sprigs of parsley.

15. SMOKED FISH

10 PORTIONS

Ingredients

Smoked fish (trout or mackerel)	400 g
Lettuce	1
Lemon	1
horseradish sauce	75 ml
Brown bread	10 slices
Butter	75 g

Method

1. Skin the fish and remove all the bones. Cut the fillet into even sized pieces.
2. Wash and dry the lettuce and arrange the leaves in an hors d'oeuvre dish. Arrange the fish on the lettuce with slices of lemon.
3. Serve with horseradish sauce and brown bread and butter.

16. SOFT ROES

10 PORTIONS

Ingredients

Soft roes	5
Oil	20 ml
Vinaigrette	25 ml
Lettuce (half a head)	
Parsley	
Salt	
Pepper	
Flour	

Method

1. Pass the roes through seasoned flour then shallow fry them in hot oil, drain and allow to cool.
2. Slice the roes and season with the vinaigrette.
3. Wash the lettuce, arrange the leaves in an hors d'oeuvre dish.
4. Lay the slices roes on the lettuce and garnish with sprigs of parsley.

FRUIT**17. AVOCADO PEARS**

10 PORTIONS

Ingredients

Ripe avocado pears
Oil and lemon juice

Method

1. Peel and halve the pears and remove the stone.
2. Sprinkle with the lemon juice and oil.

Notes:

1. The pears may be further seasoned by the addition of Worcestershire sauce.
2. Peeled shrimps may be added and served with the pears.
3. Avocados should be prepared immediately before presentation and with a stainless steel knife to minimise discoloration.

18. FLORIDA COCKTAIL

10 PORTIONS

Ingredients

Grapefruit	5
Oranges	5
Castor sugar	50 g
Maraschino or kirsch	25 ml
Cocktail cherries	10

Method

1. Remove the rind and pith of the grapefruit and oranges with a sharp knife. cut into segments discarding the seeds.
2. Place the segments in a bowl, sprinkle with sugar and liqueur if desired.
3. Chill and serve in coupe glasses. Top each with a cocktail cherry.

19. GRAPEFRUIT

10 PORTIONS

Ingredients

Grapefruit	5
Castor sugar	50 g
Cocktail cherries	10

Method

1. Cut the grapefruit across into halves.
2. Remove the centre stalk with a stainless steel grapefruit knife.
3. Cut between each section of the fruit with a circular motion taking care not to sever the segment sections.
4. Sprinkle a little castor sugar on the top and place a cherry in the centre of each half.
5. Chill and serve in a coupe or sundae glass.

20. GRAPEFRUIT COCKTAIL

10 PORTIONS

Ingredients

Grapefruit	5
Castor sugar	50 g
Cocktail cherries	10
Maraschino or kirsch	25 ml

Method

1. Remove the rind and pith of the grapefruit with a sharp knife. Cut into segments discarding the seeds.
2. Place the segments in a bowl, sprinkle with sugar and liqueur if desired.
3. Chill and serve in sundae glasses. Top each with a cherry.

21. MELON*Method*

1. Chill the melon thoroughly.

- cut through the centre and remove the seeds.
- Cut into sections in the shape of crescents.
- Serve on crushed ice with castor sugar and ground ginger separately.

Note: The melon varieties available and the portions they yield are as follows:

Cantaloup	6 portions approximately
Honeydew	6 portions approximately
Charentais	2 portions cut in half across
Ogen	2 portions cut in half across

22. MELON COCKTAIL

8 PORTIONS

Ingredients

Cantaloup or honeydew	2
Castor sugar	25 g

Method

- Cut the melons in half and remove the seeds.
- Separate the flesh from the skin of the melon.
- Cut into 15 mm dice or scoop out with a parisienne cutter.
- Dust with castor sugar and liqueur if desired. Chill and serve in coupes.

MEAT

23. LIVER PATE

10 PORTIONS

Ingredients

Chicken livers	200 g
Belly of pork	200 g
Larding fat	200 g
Fresh cream or evaporated milk	75 ml
Sherry	75 ml
Oil	
Salt	
Pepper	
Garlic	1 clove

Method

- Cut the pork into 2 cm dice and shallow fry it in a little hot oil with the chicken livers and garlic then mince through a coarse plate, then through a fine plate
- Pass the mince through a sieve add the seasoning and mix in the cream and sherry.
- Line an earthenware dish with thin slices of larding fat put in the mixture and cover the top with more larding fat.
- Place the dish into a baking tray half filled with boiling water and cook in an oven at 180°C for two hours.
- When the pate is cooked press down the top with a weight and leave until cold then refrigerate.
- Cut into slices and serve with melba toast.

Notes:

- Chopped truffle may be added to this mix.
- Instead of passing through a sieve, a liquidizer or Robo chef may be used.
- If a coarser finished pate is desired do not pass through a sieve.

24. SMOKED MEATS

- Usually purchased vacuum packed.
- To serve cut into thin slices arrange on a bed of lettuce in an hors d'oeuvre dish with a suitable garnish.

VEGETABLES

25. CUCUMBER AND PIMENTO

10 PORTIONS

Ingredients

Cucumber	1
Pimento (tinned)	50 g
Vinaigrette	10 ml

Method

- Peel the cucumber and cut into slices.
- Place in an hors d'oeuvre dish with the slices overlapping.
- Decorate with strips of pimento and moisten with vinaigrette.

26. GHERKINS

- Normally purchased in jars already pickled.
- Serve in an hors d'oeuvre dish with a little of their own liquor.

27. GLOBE ARTICHOKE

10 PORTIONS

Ingredients

Artichokes	10
Blanc	
Lemons	2

Method

- Use only very young and fresh artichokes. Trim off the staff at the base. Using a small strong knife or scissors trim the tops of the leaves.
- Place a slice of lemon at the base of each and tie in place with string.
- Simmer in the blanc or well acidulated salt water until the base is tender about 20 minutes.
- Refresh under running cold water until quite cold. Remove the strings and the lemon. Remove the core carefully from the centre and leave it clean. Replace the centre on top of the leaves.
- Reheat in boiling salted water for 3 to 4 minutes. Drain thoroughly.
- Serve in a napkin or a dish accompanied by hollandaise sauce or melted butter.

28. VEGETABLES GRECIAN STYLE

10 PORTIONS

Ingredients

Vegetables	250 g
Water	125 ml
Oil	60 ml
Lemon	1
Peppercorns	4
Coriander seed	4
Bouquet garni	1 small
Salt	

Method

- Blanch the vegetables in boiling salted water, refresh and drain.
- Place the water, oil, lemon juice, peppercorns, coriander seeds and bouquet garni in a saucepan and bring to the boil.
- Put in the vegetables, adjust the seasoning cover with a lid and simmer until tender.
- Allow to cool and serve in an hors d'oeuvre dish.

Note: Any of the following vegetables can be used: artichokes, button onions and cauliflower.

29. OLIVES

1. Normally purchased in bottles or jars.
2. They should be drained, stoned and served in an hors d'oeuvre dish.

30. VEGETABLES PORTUGUESE STYLE
 10 PORTIONS
Ingredients

Vegetables	250 g
Onions	25 g
Oil	60 ml
Tomatoes	100 g
Tomato puree	10 g
Vinegar	125 ml
Bouquet garni	1 small
Parsley (chopped)	
Salt	

Method

1. Blanch the vegetables in boiling salted water, refresh and drain.
2. Peel the onions and cut them into fine dice.
3. Blanch and peel the tomatoes, remove the seeds and cut the flesh into small dice.
4. Shallow fry the onions in the oil without colouring until almost cooked.
5. Put all the ingredients, except the parsley into a sauce-pan, cover with a lid and simmer until they are tender then allow to cool and put into an hors d'oeuvre dish.
6. Serve decorated with chopped parsley.

Note Any of the following vegetables can be used: aubergines, button onions, cauliflower, celery and courgettes.

31. TOMATOES AMERICAINE
 10 PORTIONS
Ingredients

Tomatoes	400 g
Parsley (chopped)	
Onion	25 g
<u>Vinaigrette</u>	25 ml

Method

1. Remove the cores then blanch, refresh and peel the tomatoes. Peel the onions and cut the flesh into fine dice.
2. Cut the tomatoes into thin slices and arrange in hors d'oeuvres dishes.
3. Decorate with the onion then sprinkle with vinaigrette and allow to stand for one hour.
4. Decorate with chopped parsley before serving.

PART 2 - KITCHEN

CHAPTER SIX

Soups

BROTH

1. Beef
2. Chicken
3. Chicken gumbo
4. Cock-a-leckie
5. Household soup
6. Minestrone
7. Scotch

COLD

8. Gazpacho
9. Vichyssoise

CONSOMME

10. Beef
11. Chicken
12. Fish
13. Brunoise
14. Celestine
15. Julienne
16. Madrilene
17. Paysanne
18. Petit marmite
19. Profiteroles
20. Royal

CREAM

21. Agnes sorel
22. Asparagus
23. Cauliflower
24. Celery
25. Chicken
26. Cucumber
27. Lobster Bisque
28. Mushroom
29. Onion
30. Solferino
31. Water cress

PUREE

33. Ambassador
34. Green pea, dried
35. Green pea, fresh
36. Lentil
37. Potato

UNCLASSIFIED

38. French onion
39. Mulligatawny
40. Oxtail
41. Cream Germaine

INTRODUCTION

1. Soups have traditionally been served as the first course at lunch or dinner meals but are increasingly offered as a main course, or indeed the only course in the lighter types of meal favoured by the diet conscious. The majority are served hot but many types are suitable for cold service. Well made and highly nutritious soups can be produced economically using the less expensive food items available in abundance in the kitchen and they are also particularly useful to the budget conscious chef, when considering how to use left over foods.

2. They are excellent when used for feeding people who are ill or recovering from an illness and because of their high liquid content they are easily maintained in first class condition for hot or cold service whether in static or field location.

3. A good quality stock is an essential requirement in the manufacture of a tasty soup but care should be taken not to impart too distinctive a flavour in such stocks as they may subsequently be used in soups which require their own particular flavour. A variety of garnishes for soups are served separately and are not cooked in the soups eg sippets, grated cheese, croutons, cheese straws, melba toast, etc.

4. Soups in this chapter are listed in the following categories:

BROTH: Prepared vegetables cooked in a stock with meat, rice or pulses as garnish. Not sieved and always served hot.

Example: Scotch Broth.

CONSOMME: Clear soup served either hot or jellied cold prepared from clarified beef, poultry, fish or game stock. Served with an appropriate garnish.

Example: Consomme Julienne.

CREAM: A puree of vegetables, chicken or shellfish sometimes with the addition of white sauce. Always finished with cream or a liaison of egg yolks and cream.

Example: Cream of Tomato Soup.

PUREE: Puree of vegetables or pulse. Thickened by its own ingredients which can be kept in suspension by the addition of a small amount of starch eg flour, cornflour, sago etc. The consistency should be similar to that of single cream.

Example: Lentil Soup.

UNCLASSIFIED:

Example: French Onion Soup.

BROTHS**1. BEEF BROTHS**

2.5 LITRES

Ingredients

<u>White stock</u>	2.5 ltr
Onion	70 g
Carrot	50 g
Leek	25 g
Swede/Turnip	25 g
Celery	25 g
Cabbage	25 g
Patna Rice	50 g
Salt	

Pepper

Parsley (chopped)

15 g

Method

1. Peel the vegetables and cut them into small dice.
2. Strain the stock, bring to the boil and skim.
3. Add the diced vegetables to the stock and simmer for 30 minutes.
4. Add the washed rice and simmer for a further 15 minutes.
5. Skim, adjust the seasoning and consistency add the chopped parsley and serve.

2. CHICKEN BROTH

2.5 LITRES

Ingredients

<u>Chicken stock</u>	2.5 ltr
Onions	70 g
Carrots	50 g
Leek	25 g
Celery	25 g
Cabbage	25 g
Turnip/Swede	25 g
Patna Rice	50 g
Salt	
Pepper	
Parsley (chopped)	15 g
Cooked chicken	70 g

Method

1. Peel the vegetables and cut into small dice
2. Cut the cooked chicken into small dice.
3. Strain the stock, bring to the boil and skim.
4. Add the diced vegetables to the stock and simmer for 20 minutes.
5. Add the washed rice and simmer for a further 15 minutes.
6. Skim, adjust the seasoning and consistency, add the chopped parsley and chicken and serve.

3. CHICKEN GUMBO

2.5 LITRES

Ingredients

Margarine	50 g	
Leeks		200 g
Onions		100 g
Garlic		1 clove
<u>Chicken stock</u>		2.5 ltr
Patna rice		50 g
Cooked chicken		100 g
Okra		300 g
Tomato		150 g
Pimento		100 g
Salt		
Pepper		
Worcester sauce		
Parsley (chopped)		15 g

Method

1. Peel the onions and clean the leeks. Shred the flesh. Peel and crush the garlic.
2. Cook the shredded onion shredded leek and finely crushed garlic in the margarine without colouring.
3. Add the chicken stock, bring to the boil and remove any scum that has formed on the surface. Add the patna rice and simmer gently for 10 minutes.
4. Cut the chicken, pimento and cut into dice.. Concasse the tomatoes and add these to the rice and continue to cook for a further 3 minutes.
5. Season with salt, pepper and Worcester sauce, remove any surplus grease, add the chopped parsley and serve.

4. COCK A LEEKIE

2.5 LITRES

Ingredients

<u>Chicken stock</u>	2.5 ltr
White of leek	200 g
Cooked chicken	50 g
Cooked prunes	100 g
Salt	
Pepper	
Parsley (chopped)	15 g

Method

1. Bring the stock to the boil, add seasoning.
2. Clean and shred the leeks and add them to the stock.
3. Simmer for 20 minutes.
4. Cut the chicken and prunes into julienne and add to the soup.
5. Adjust the seasoning and skim
6. Garnish with chopped parsley.

Note: A combination of veal and chicken stocks may be used to make this soup.

5. HOUSEHOLD SOUP

2.5 LITRES

Ingredients

Onions	100 g
Leeks	25 g
Carrots	100 g
Celery	50 g
Potatoes	100 g
Margarine	25 g
<u>White stock</u>	2.5 ltr
Bouquet garni	1 small
Lentils	200 g
Salt	
Pepper	

Method

1. Peel the onions, leeks, carrots, celery and potatoes and cut them into paysanne.
2. Melt the margarine, add the vegetables, cover with a lid and cook without colouring.
3. Add the stock, season and bring to the boil.
4. Add the lentils, bouquet garni and potatoes.
5. Simmer gently until cooked and remove the bouquet garni.
6. Skim, adjust the seasoning and serve.

6. MINESTRONE

2.5 LITRES

Ingredients

Onions	60 g
Carrots	60 g
Leeks	
Celery	25 g
Turnips	50 g
Cabbage	50 g
Bacon fat or margarine	50 g
Haricot beans	50 g
Tomato puree	25 g
<u>White stock</u>	2.5 ltr
Spaghetti	50 g
French beans	50 g
Tomatoes	50 g
Raw scraped bacon fat	25 g
Garlic clove	1
Parsley (chopped)	15 g
<u>Croute de flute</u>	10
Parmesan cheese	50 g
Salt	
Pepper	

Method

1. Soak the haricot beans overnight.
2. Peel the carrots, turnips, leeks, onions, celery and cabbage and cut them into paysanne.
3. Heat the bacon fat or margarine in a saucepan, add the vegetables, cover with a lid and cook without colouring.
4. Add the haricot beans, tomato puree and stock. bring to the boil and simmer until the haricot beans are nearly cooked.
5. Add the spaghetti (broken into 25mm lengths) diced french beans and diced tomato and all to simmer until cooked.
6. Skim and adjust the seasoning.
7. Mix the scraped bacon fat with the crushed garlic and add to the soup with the chopped parsley.
8. Serve with Croute de flute and extra parmesan cheese separately.

7. SCOTCH BROTH

2.5 LITRES

Ingredients

Lamb scrag end	500 g
Water	2.5 ltr
Pearl Barley	50 g
Onion	70 g
Carrot	25 g
Celery	25 g
Leek	25 g
Cabbage	25 g
Parsley (chopped)	15 g
Bouquet garni	1 small
Salt	
Pepper	

Method

1. Blanch the lamb in salt water.
2. Peel the vegetables and cut them into brunoise.
3. Refresh the meat and cover with clean water.
4. Bring to the boil, skim and add the bouquet garni, pearl barley and seasoning. Simmer until the meat is almost cooked.
5. Add the vegetables to the stock and simmer until all the ingredients are cooked.
6. Remove the meat and cut into small dice.
7. Add the meat to the broth. Add the chopped parsley. Adjust the seasoning and serve.

8. GAZPACHO

2.5 LITRES

Ingredients

Tomatoes	1 kg
Green peppers	150 g
Onions	150 g
Lemon	1
Garlic	4
cloves	
Cucumber	300 g
Tomato juice	625 ml
Iced water	50 ml
Olive oil	50 ml
Salt	
Pepper	
Parsley (chopped)	15 g

Method

1. Blanch, skin and seed the tomatoes.
2. Cut the peppers into quarters, remove the seeds and finely chop 25 g (for garnish).
3. Peel and roughly chop the cucumber.
4. Peel and roughly chop the onions and crush the garlic.

- Liquidize the tomatoes, onions, peppers and cucumber with the lemon juice, oil, tomato juice and seasoning.
- Adjust the consistency if necessary with the iced water, and the seasoning.
- Serve cold, sprinkled with the chopped peppers and chopped parsley.

Note: Hot garlic bread may be offered with this soup.

9. VICHYSOISE SOUP

2.5 LITRES

Ingredients

Onions	100 g
Leeks	50 g
Butter	50 g
<u>White or chicken stock</u>	1.5 ltr
Potatoes	500 g
Bouquet garni	1 small
Cream	250 ml
Chives	10 g
Salt	
Pepper	

Method

- Peel the onions and clean the leeks. Shred the flesh and cook them in the butter without colouring.
- Add the white stock, sliced potatoes, bouquet garni and seasoning.
- Bring to the boil, skim and simmer until the potatoes are soft.
- Remove the bouquet garni and pass through the fine sieve.
- Return to a clean saucepan and adjust the consistency and seasoning.
- Chill.
- Finish with cream and chopped chives and serve.

10. BEEF CONSOMME

2.5 LITRES

Ingredients

Shin of beef	1 kg
Eggs	2
Onions	25 g
Celery	25 g
Carrots	25 g
Leeks	25 g
Salt	
<u>Brown stock</u>	3 ltr
Bouquet garni	1 small

Method

- Peel and dice the vegetables.
- Pass the meat through a coarse mincer.
- Place the meat in a saucepan, add the egg whites, diced vegetables and salt. Mix thoroughly with a little cold stock.
- Gradually add the remainder of the stock. Add the bouquet garni. Bring to the boil slowly, stirring from time to time with a metal spoon or fish slice.
- Once the clarification has begun to set do not stir any more. Allow to simmer gently for one and a half hours. Do not disturb the contents of the pan during cooking.
- Strain through four layers of damp muslin.
- Remove all surface fat with absorbent paper. Adjust the colour and seasoning.
- Bring to service temperature (do not boil) and garnish as required.

Notes:

- The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.

- Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.

11. CHICKEN CONSOMME

2.5 LITRES

Ingredients

<u>Brown chicken stock</u>	3 ltr
Eggs	2
Chicken	200 g
Shin of beef	100 g
Tomato puree	5 g
Tarragon	pinch
Bay leaves	1
Sherry	25 ml
Salt	
Pepper	

Method

- Pass the beef and chicken through a coarse mincer.
- Place the meat and chicken in a saucepan, add the egg whites, tomato puree, bayleaf, tarragon, salt, pepper and mix thoroughly with a little cold stock.
- Gradually add the remainder of the stock. Bring to the boil slowly, stirring from time to time with a metal spoon or fish slice (see notes).
- Once the clarification has begun to set do not stir any more. Allow to simmer gently for approximately one and a half hours. Do not disturb the contents of the pan during cooking.
- Strain through four layers of damp muslin.
- Remove all fat with absorbent paper.
- Adjust the colour and seasoning.
- Bring to service temperature (do not boil) and garnish as required.

Notes:

- The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
- Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.

12. FISH CONSOMME

2.5 LITRES

Ingredients

<u>Fish stock</u>	2.75 ltr
Egg whites	2
Garlic	1 clove
Tomato puree	5 g
Fennel seed	10
Fish	300 g
White wine	25 ml
Salt	
Pepper	

Method

- Pass the fish through a coarse mincer. Peel and chop the garlic.
- Place the fish in a saucepan, add the egg whites, chopped garlic, tomato puree, fennel seed, white wine, salt and pepper and mix thoroughly with a little cold water.
- Gradually add the remainder of the stock. Bring to the boil slowly, stirring from time to time with a metal spoon or fish slice (see notes).
- Once the clarification has begun to set do not stir any more. Allow to simmer gently for 20 minutes. Do not disturb the contents of the pan during cooking.
- Strain through four layers of damp muslin (see notes).
- Remove all surface fat with absorbent paper.
- Correct the colour and seasoning.

8. Bring to service temperature (do not boil) and garnish as required.

Notes:

1. The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
2. Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.

13. CONSOMME BRUNOISE

2.5 LITRES

*Ingredients*Beef consommé

2.5 ltr

Turnips	15 g
Celery	15 g
Carrots	15 g
Leeks	15 g
Cabbage	15 g

Method

1. Cut the vegetables into small dice.
2. Cook in a little consommé.
3. Add to the soup before serving.

14. CONSOMME CELESTINE

2.5 LITRES

*Ingredients*Beef consommé

2.5 ltr

Savoury pancake	
1	
Parsley (chopped)	25 g
Salt	
Cayenne pepper	

Method

1. Prepare pancake batter without sugar, add chopped parsley, salt and cayenne pepper.
2. Cook in the usual manner and cut into julienne.
3. Add to the consommé just before serving.

15. CONSOMME JULIENNE

2.5 LITRES

*Ingredients*Beef consommé

2.5 ltr

Turnips	15 g
Celery	15 g
Carrots	15 g
Leeks	15 g
Cabbage	15 g

Method

1. Cut the vegetables into julienne.
2. Cook in a little consommé.
3. Add to the soup before serving.

16. CONSOMME MADRILENE

2.5 LITRES

Ingredients

Shin of beef	1 kg
<u>Brown stock</u>	3 ltr
Eggs	2
Onions	25 g

Celery	25 g
Carrots	25 g
Leeks	25 g
Tomatoes	50 g
Tomato puree	25 g
Patna rice	15 g
Bouquet garni	1
Salt	

Method

1. Peel the vegetables and cut them into small dice.
2. Pass the meat through a coarse mincer.
3. Place the meat in a saucepan, add the egg whites, diced vegetables, tomato puree and salt. Mix thoroughly with a little of the cold stock.
4. Gradually add the remainder of the stock. Add the bouquet garni. Bring to the boil slowly stirring from time to time with a metal spoon or fish slice.
5. Once the clarification has begun to set do not stir any more. Allow to simmer gently for 1½ hours. Do not disturb the contents of the pan during cooking.
6. Boil the rice in salted water until cooked and refresh.
7. Blanch and skin the tomatoes. Remove the seeds and cut the flesh into 5 mm dice.
8. Strain the consommé through 4 layers of damp muslin.
9. Remove all surface fat with absorbent paper.
10. Adjust the colour and seasoning.
11. Bring to service temperature (do not boil) and add the rice and tomato garnish.

Notes:

1. The use of a metallic spoon or fish slice will prevent the transfer of flavours and grease which are often present on wooden spoons.
2. Washing the muslin in cold water and then using it whilst still damp will remove any loose fibres and dust present and tighten up the weave.
3. This consommé may be served cold, in which case no garnish is added.

17. CONSOMME PAYSANNE

2.5 LITRES

*Ingredients*Beef consommé

2.5 ltr

Turnips	15 g
Carrots	15 g
Leek	15 g
Cabbage	15 g

Method

1. Peel the vegetables and cut them into paysanne.
2. Cook in a little consommé.
3. Add to the soup before serving.

18. PETITE MARMITE

1.5 LITRES

Ingredients

Chicken winglets	150 g
Beef rump	150 g
Carrots	150 g
Turnips	150 g
Cabbage	75 g
Celery	75 g
<u>Beef consommé</u>	1.5 ltr
Beef marrow	10 pieces
<u>Croute de flute</u>	10 pieces

Method

1. Cut the beef into 10 mm dice.

2. Blanch the beef and chicken winglets, refresh, remove the bones from the winglets and cut the chicken meat in half.
3. Turn the carrots and turnips approximately 20 mm long.
4. Cut the cabbage and celery into oblong pieces 20 mm x 5 mm then blanch and refresh all the vegetables.
5. Divide and place the beef, winglets and vegetables equally into the required number of marmites, add boiling consomme, cover and simmer very gently until the garnish is cooked.
6. Just before serving add one slice of beef marrow per cover on a croute.

BEEF MARROW FOR PETITE MARMITE:

- a. Place in cold running water for 3 hours to clean off all blood stains.
- b. Store in cold water.
- c. Cook in simmering acidulated water for 1 to 2 minutes.

Note: Marmites are usually made of earthenware or porcelain and are available in sizes from 1 to 10 portions.

19. CONSOMME PROFITEROLES 2.5 LITRES

<u>Beef consomme</u>	
2.5 ltr	
<u>Choux paste</u>	100 g

Method

1. Using a 3 mm plain tube, pipe out the choux paste in pea sized balls onto a baking tray.
2. Bake in an oven at 190°C until cooked to a golden brown.
3. Add to the soup just before serving.

20. CONSOMME ROYALE 2.5 LITRES

Ingredients

<u>Beef consomme</u>	
2.5 ltr	
Milk	75 ml
Egg	1
Salt	
Cayenne pepper	

Method

1. Prepare and cook a savoury egg custard.
2. Allow to go cold.
3. Cut into neat squares or diamonds.
4. Add to the soup just before serving.
5. The prepared royal garnish may be stored in cold water until required for use.

CREAM

21. AGNES SORREL 2.5 LITRES

Ingredients

Mushroom	500 g
Lemon	1
Water	100 ml
<u>Chicken veloute</u>	2 ltr
Fresh Cream	125 ml
Cooked chicken	50 g
Cooked mushroom (garnish)	50 g
Cooked tongue	50 g
Butter	25 g
Salt	
Pepper	

Method

1. Wash the mushrooms thoroughly.
2. Place them into a saucepan with the water, butter, lemon juice and a pinch of salt.
3. Cover with a lid and cook without colouring.
4. Pass the stalks and liquor through a sieve, add to the boiling veloute and simmer together for 5 minutes.
5. Pass through a strainer, adjust the seasoning and consistency.
6. Finish with the cream and butter but do not reboil.
7. Add the garnish cut into julienne.

22. CREAM OF ASPARAGUS 2.5 LITRES

Ingredients

Asparagus (fresh/tinned)	200 g
Margarine	100 g
Flour	100 g
<u>Chicken stock</u>	2.5 ltr
Cream	125 ml
Egg	
Salt	
Pepper	

Method

1. Wash and clean the fresh asparagus, cut off the green tips and cut the remainder into 25 mm lengths.
2. Cook the tips in boiling salted water until tender, refresh and put aside.
3. For tinned asparagus cut off the tips and put aside, cut the remainder into 25 mm lengths.
4. Prepare a white roux with the flour and margarine, gradually add the chicken stock stirring all the time.
5. Bring to the boil, add the chopped asparagus stalks and simmer for 30 minutes.
6. Pass through a strainer, reboil, adjust the seasoning and consistency and finish with a liaison of egg yolk and cream, adding the asparagus tips before serving.

23. CREAM OF CAULIFLOWER 2.5 LITRES

Ingredients

Cauliflower	600 g
Water	2.5 ltr
Onion	75 g
Margarine	50 g
Flour	50 g
Salt	
Pepper	
Cream or evaporated milk	125 ml

Method

1. Wash the cauliflower and cut into pieces.
2. Place in boiling water with the onion and salt.
3. Make a white roux with margarine and flour.
4. When the cauliflower is cooked, strain and pass it through a sieve.
5. Add the cauliflower stock to the roux and allow to cook for 15 minutes.
6. Add the puree of cauliflower, pass through a line conical strainer and reboil.
7. Add cream or evaporated milk and adjust seasoning.

24. CREAM OF CELERY 2.5 LITRES

Ingredients

Celery	800 g
Onion	100 g

<u>white stock</u>	2.5 ltr
Margarine	100 g
Flour	
Salt	
Pepper	
Cream	125 ml

Method

1. Thoroughly wash the celery and cut it into small pieces.
2. Add to the stock with the onion and salt.
4. When the celery is cooked, remove it from the liquor and pass through a sieve.
5. Add the celery stock to the roux and allow to simmer for 30 minutes.
6. Add the puree of celery.
7. Pass through a fine conical strainer and reboil.
8. Add cream and adjust the seasoning.

Note: 50 g julienne of cooked celery can be added as a garnish prior to service.

25. CREAM OF CHICKEN

2.5 LITRES

Ingredients

Margarine	100 g
Flour	100 g
<u>Strong chicken stock</u>	2.5 ltr
Cream	125 ml
<u>Cooked chicken</u>	100 g
Salt	
Pepper	

Method

1. Make a veloute with the margarine, flour and stock.
2. Bring to the boil, simmer for 30 minutes and skim.
3. Adjust the seasoning and consistency, remove from the stove, add the cream and then strain through a muslin cloth. Do not reboil.
4. Add finely diced chicken as a garnish before serving.

26. CREAM OF CUCUMBER

2.5 LITRES

Ingredients

Cucumber	600 g
<u>Chicken stock</u>	2.5 ltr
Onion	50 g
Margarine	50 g
Flour	50 g
Cream	125 ml
Salt	
Pepper	
Rice	50 g

Method

1. Wash the cucumber and cut into rough dice.
2. Place in boiling water with the onion and salt.
3. Make a white roux with margarine and flour.
4. When the cucumber is cooked, strain and pass through a sieve retaining the stock.
5. Add the cucumber stock to the roux and allow to cook for 15 minutes.
6. Add the puree of cucumber and pass through a fine conical strainer.
7. Reboil add the cream and garnish with cooked rice and pea sized balls of cucumber that have been poached in salted water.

27. LOBSTER BISQUE

2.5 LITRES

Ingredients

Lobster (uncooked)	1x400 g
Fish stock	500 ml

Onions	25 g
Tomato puree	25 g
Olive Oil	25 ml
Fish veloute	2 ltr
Carrots	25 g
Bouquet garni	1 small
Tomatoes fresh	50 g
Fresh cream	125 ml
Salt	
Cayenne pepper	

Method

1. Remove and lightly crush the claws of the lobster. Remove the tail from the body, keeping the tail whole. Cut the body in two lengthways and remove the contents.
2. Pass through a sieve and put on one side.
3. Heat the olive oil and fry until the meat stiffens and the shell is a bright red.
4. Cut the vegetables into small dice and fry with the lobster.
5. Add the tomato puree, chopped fresh tomatoes, fish stock and bouquet garni, bring to the boil and simmer for 20 minutes.
6. Remove the lobster, peel off all the shell and replace in the cooking liquor, leaving the cooked flesh on one side.
7. Add the fish veloute and simmer for a further 5 minutes. Add the sieved coral and intestines and pass through a fine sieve or muslin cloth.
8. Reboil, adjust the seasoning and consistency, add the cream and diced lobster flesh and serve.

28. CREAM OF MUSHROOM SOUP

2.5 LITRES

Ingredients

Mushrooms	450 g
Lemon	1
Water	100 ml
<u>Chicken veloute</u>	2.5 ltr
Fresh cream	100 ml
Butter	25 g
Egg	1
Salt	
Pepper	

Method

1. Wash the mushrooms and place into a saucepan with the water, butter, lemon juice and a pinch of salt.
2. Cover with a lid and cook without colouring.
3. Pass the stalks and liquor through a sieve, add to the boiling veloute and simmer together for 2 minutes.
4. Pass through a strainer and adjust the seasoning and consistency.
5. Finish with a liaison of egg yolk and cream do not reboil.

29. CREAM OF ONION SOUP

2.5 LITRES

Ingredients

Onions	200 g
Water	1.25 ltr
<u>White sauce</u>	1.25 ltr
Milk	2.25 ml
Salt	
Pepper	

Method

1. Peel and roughly chop the onions, blanch and strain.

- Cover with water and simmer until tender. Add to the white sauce and bring to the boil.
- Pass through a sieve and adjust the consistency with hot milk. Adjust the seasoning and serve.

30. SOLFERINO SOUP 2.5 LITRES

Ingredients

Cream of tomato soup	1.25 ltr
Potato soup	1.25 ltr
Carrot	50 g
Potato	50 g
Salt	
Pepper	

Method

- Mix the two soups together and adjust the seasoning and consistency.
- Garnish with small dice of balls of cooked carrot and potato prior to serving.

31. CREAM OF TOMATO SOUP 2.5 LITRES

Ingredients

Bacon trimmings	50 g
Onions	50 g
Carrots	50 g
Margarine	100 g
Flour	50 g
Tomato puree	250 g
White stock	2.5 ltr
Bouquet garni	1 small
Sugar	25 g
Cream	125 ml
Salt	
Pepper	

Method

- Cut the bacon trimmings into 10 mm dice and cook in the margarine with the diced onions and carrots.
- Add the flour and cook to a blond roux.
- Add the puree, gradually add to the stock and the remaining ingredients.
- Bring to the boil, simmer for one hour.
- Strain through a sieve, reboil, skim, adjust the seasoning and consistency, add the cream and serve with sippets.

Note: 1 kg of fresh tomatoes may be used in place of tomato puree, but 50 g of puree should still be added at Stage 3 to enhance the colour of the soup.

32. WATERCRESS SOUP 2.5 LITRES

Ingredients

Watercress	500 g
Butter	50 g
Chicken veloute	625 ml
Chicken stock	1 ltr
Cream	125 ml
Watercress leaves	50 g
Egg	1
Salt	

Method

- Wash, blanch and refresh the watercress.
- Drain thoroughly and cook in the butter.
- Add the veloute and chicken stock and simmer for 8 minutes.
- Pass the mixture through a fine sieve, reboil and adjust the seasoning.

- Finish with a liaison of egg yolk and cream and garnish with individual watercress leaves boiled for 3 minutes in salted water.

33. AMBASSADOR SOUP 2.5 LITRES

Ingredients

Peas	600 g
Water	1 ltr
Mint	12 leaves
Salt	
Pepper	
Chicken consomme	500 ml
Lettuce	10 g
Rice	50 g
Sorrel	5 g
Chervil	5 g
Cream	150 ml
Butter	50 g

Method

- Cook the peas in the water with the mint and a pinch of salt.
- Pass the peas and the liquid through a fine sieve.
- Add the consomme.
- Garnish with the shredded lettuce which has been lightly cooked in a little butter, chervil, sorrel and the boiled washed rice.
- Finish with butter and cream and serve.

34. GREEN SPLIT PEA SOUP 2.5 LITRES

Ingredients

Dried split peas	440 g
White stock	2.5 ltr
Onions	100 g
Carrot	100 g
Ham or bacon trimmings	100 g
Bouquet garni	1 small
Salt	
Pepper	

Method

- Wash the peas and soak overnight.
- Remove the peas from the water in which they have been soaked, put into a saucepan with the stock, bring to the boil and skim.
- Add the diced vegetables, the ham or bacon trimmings and the bouquet garni.
- Simmer until the peas are cooked, approximately one hour.
- Remove the bacon trimmings and bouquet garni.
- Pass the soup through a sieve and simmer for 5 minutes removing any scum which arises. Adjust the seasoning and consistency and serve with a garnish of sippets.

35. GREEN PEA SOUP 2.5 LITRES

Ingredients

Peas (quick frozen)	400 g
Onions	50 g
Leek	50 g
Celery	50 g
White stock	1 ltr
White sauce	1 ltr
Bouquet garni	1 small
Cream	50 ml
Butter	50 g
Salt	

Method

- Cut the onions, leek and celery into small dice.

- Melt the butter in a saucepan, add the onion, leek and celery, cover and cook without colouring.
- Add the stock bring to the boil, add the peas, mint and bouquet garni and allow to simmer for ten minutes.
- Remove the bouquet garni and add the white sauce.
- Pass the soup through a sieve and reboil, adjust the seasoning and consistency, finish with cream and serve.

36. LENTIL SOUP

2.5 LITRES

Ingredients

Lentils	550 g
<u>White stock</u>	2.5 ltr
Onions	100 g
Carrot	100 g
Ham or bacon trimmings	
Bouquet garni	1 small
Salt	
Pepper	

Method

- Place the lentils into a saucepan with the stock, bring to the boil and skim.
- Add the diced vegetables, the ham or bacon trimmings and the bouquet garni.
- Simmer until the lentils are cooked.
- Remove the bacon trimmings and bouquet garni.
- Pass the soup through a sieve, return to the saucepan and simmer for 5 minutes removing any scum which arises. Adjust the seasoning and consistency.
- Serve with a garnish of sippets.

37. POTATO SOUP

2.5 LITRES

Ingredients

Butter or margarine	50 g
White of leek	100 g
<u>White stock</u>	2 ltr
Onions	100 g
Potatoes	1.5 kg
Bouquet garni	1 small
Parsley (chopped)	10 g
Salt	
Pepper	

Method

- Peel and slice the potatoes.
- Melt the margarine in a saucepan.
- Peel the onion and wash the leek, slice and cook without colouring in the butter/margarine.
- Add the stock, sliced potatoes and the bouquet garni and season.
- Simmer for 30 minutes.
- Remove the bouquet garni and skim.
- Pass the soup through a sieve, adjust the seasoning and consistency.
- Return to a clean pan and reboil.
- Garnish with the chopped parsley and serve.

UNCLASSIFIED**38. FRENCH ONION SOUP**

2.5 LITRES

Ingredients

Onions	1.5 kg
Garlic	2 cloves
Butter	50 g
Sugar	pinch
Flour	25 g
Tomato puree	25 g
Brown stock	2.5 ltr

Salt

Pepper

<u>Croute de flutes</u>	10
slices	

Grated cheese	100 g

Method

- Peel and finely slice the onions. Peel and crush the garlic.
- Heat the butter in a saucepan add the onions, garlic and the sugar. Cook until well coloured.
- Add the flour and allow to cook for 5 minutes. Add the tomato puree.
- Gradually add the stock and bring to the boil. Skim and allow to simmer until the onion is soft.
- Adjust the seasoning and pour into marmites.
- Place croute de flutes on top of the soup and cover with the grated cheese. Gratinat through the oven or under a grill.

Notes:

- A mixture of 75% cheddar and 25% parmesan cheese will give both a good flavour and gratinate well.
- The addition of 10 ml of cognac and 50 ml of white wine added to the soup with the stock, will enrich the flavour.

39. MULLIGATAWNY

2.5 LITRES

Ingredients

Oil	100 ml
Onions	200 g
Curry powder	25 g
Flour	100 g
Cooking apples	100 g
Coconut	10 g
Tomato puree	25 g
Mango chutney	50 g
<u>Brown stock</u>	2.5 ltr
Bouquet garni	1 small
Salt	
Pepper	
Rice	25 g

Method

- Peel and roughly chop the onions
- Plain boil the rice. Refresh and drain.
- Lightly fry the chopped onions in the oil to a golden colour.
- Add the curry powder and cook on a low heat for 3 minutes.
- Add the flour and cook for a further 3 minutes.
- Add the remainder of the ingredients except the rice, bring to the boil and simmer for one hour.
- Pass through a muslin or sieve, reboil and skim.
- Adjust the consistency and seasoning, add the rice and serve.

40. OXTAIL SOUP

2.5 LITRES

Ingredients

Oil	100 ml
Oxtail (end pieces)	225 g
Onions	100 g
Carrots	150 g
Tomato puree	25 g
Flour	100 g
<u>Brown stock</u>	3 ltr
Bouquet garni	1 small
Turnips	50 g
Peas	25 g
Salt	
Pepper	

Method

1. Cut the oxtails into small pieces through the joints.
2. Peel and dice the onions, carrots and turnips. Put aside the turnip.
3. Fry the meat and vegetables together in hot oil to a light brown colour.
4. Add the flour and cook to a brown roux.
5. Add the tomato puree and the stock. Bring to the boil, skim add the bouquet garni and seasoning and simmer for 2½ hours.
6. Cook the turnip in boiling salted water. Add the peas, cook and refresh.
7. Remove the oxtail from the soup, allow to cool, remove the flesh and cut into small dice.
8. Strain the soup, reboil, adjust the seasoning and consistency.
9. Add the garnish of peas, carrots, turnips and oxtail meat and serve.

41. CREME GERMINY
2.5 LITRES

Ingredients

<u>Veal or chicken stock</u>	2.5 ltr
Sorrel	200 g
Eggs	10
Cream	300 ml
Butter	25 g
Chervil	1 sprig
<u>Flutes de Croute</u>	10
Salt	

Method

1. Remove the stalks from the sorrel, wash the leaves well and shred finely. Melt the butter, add the sorrel, season with salt, cover with a lid and cook for about 5 minutes then put aside.
2. Bring the stock to the boil.
3. Prepare a liaison with the cream and yolks of eggs. Mix to a creamy consistency.
4. Add the boiling stock, whisking vigorously.
5. Reheat, stirring well until the yolks begin to thicken the soup.
6. Withdraw the soup from the stove, continue to stir to avoid curdling, adjust the seasoning and pass through a fine strainer. Add the sorrel, sprinkle with chopped chervil and service with flutes de Croute.

PART 2 - KITCHEN

CHAPTER SEVEN

Fish

BAKED

1. Fish fillets
2. Fish, fillets St Germaine

COLD

3. Fish fillets in aspic
4. Fish fillets Italienne
5. Fish fillets Parisienne
6. Salmon, decorated`
7. Salmon, dressed
8. Salmon mayonnaise
9. Trout in aspic

COOKED FISH

10. Fish cakes
11. Fish and potato pie
12. Kedgeriee
13. Salmon Coulibiac

FACES/MOUSSE

14. Fish mousse
15. Fish pate
16. Fish quenelles
17. Fish stuffing

FRIED (DEEP)

18. Fish in batter
19. Fish in breadcrumbs
20. Goujons
21. Whitebait

(SHALLOW)

22. Fish Meuniere
23. Fish Belle Meuniere
24. Fish Doria
25. Fish Grenobloise
26. Fish fillets Murat
27. Herring

GRILLED

28. Fish fillets
29. Fish whole
30. Fish fillets Caprice
31. Kippers

ORIENTAL

32. Fish braised with ginger and spring onion
33. Fish deep fried with sweetcorn sauce
34. Prawn braised with vegetables
35. Prawn curry
36. Squid roll with green vegetables
37. Squid stir fried with green peppers.

POACHED (GLAZED)

38. Fish fillets Bercy
39. Fish fillets Bonne Femme
40. Fish fillets Chauchat
41. Fish fillets Florentine
42. Fish fillets Palace
43. Fish fillets Veronique
44. Fish fillets Waleska
45. Poached darnes, troncons and supremes.
46. Trout

(UNGLAZED)

47. Fish fillets Americaine
48. Fish fillets Dieppoise
49. Fish fillets Duglere
50. Fish fillets Portugaise
51. Fish fillets Suchet
52. Fish fillets Vin Blanc

UNCLASSIFIED

53. Skate in black butter
54. Smoked haddock
55. Smoked haddock Monte Carlo

CRUSTACEANS (COLD)

56. Crab, dressed
57. Lobster mayonnaise
58. Lobster parisienne
59. Lobster salad

(HOT)

60. Lobster Americaine
61. Lobster Cardinal
62. Lobster Newburg 1
63. Lobster Newburg 2
64. Lobster Thermidor 1
65. Lobster Thermidor 2
66. Scampi Americaine`
67. Scampi in batter
68. Scampi in breadcrumbs

MOLLUSCS

69. Mussels Mariniere
70. Scallops Bercy
71. Scallops Ostendaise
72. Scallops Parisienne

INTRODUCTION

1. Fish is a popular and nutritionally good food. As a source of protein it is equal to meat. The range of fish available to the caterer is extensive and is not limited to the varieties discussed in the following section.

CLASSIFICATION OF FISH

2. In this section fish is grouped under these distinct headings:

- a. White Fish
- b. Oily Fish
- c. Shell Fish

3. These categories provide a clear and useful guide to specific methods of cookery and styles of serving but should not be treated as hard and fast rules as there are exceptions, for example, oily fish are generally not suitable for deep frying but whitebait are an exception to the rule.

- a. **White Fish.** These can be flat or round. The following are the most common and widely used:
 - (1) **Flat.** Plaice, Lemon Sole, Dover sole, Turbot, Halibut, skate, Brill and Dab.
 - (2) **Round.** Cod, Haddock, whiting, Red Mullet, Bass, Hake and Ling.
- b. **Oily Fish.** These fish are always round. The following are the most common. Trout, Sea Trout, Salmon, Mackerel, Herring, Sardine, Sprat, Whitebait, Pilchard and Anchovy.
- c. **Shell Fish.** There are two types - crustaceans and molluscs. An easy way to differentiate between the two types is to remember that crustaceans have legs and molluscs do not. The following are the most common and widely used:
 - (1) **Molluscs.** Mussel, Oyster and Scallop.
 - (2) **Crustaceans.** Crab, Lobster, Scampi, Prawn, Shrimp, Crayfish and Crawfish.

PURCHASING/QUALITY/STORAGE

4. Fish is available either fresh or processed in a variety of ways, the most popular being frozen, smoked, canned, pickled or dried. Fresh fish and shellfish are available throughout the year. However, the quality, availability and cost, will vary from season to season, eg:

- a. Plaice is available throughout the year but is at its best between May and January.
- b. Lobsters and Crabs are available throughout the year but are at their best during the summer months.
- c. English Mussels and Oysters are available between September and April. Good quality frozen items are available all the year round.

FRESH FISH

5. **Purchasing.** Fresh fish should be purchased daily. If purchased on the bone the following points should be noted:

- a. The loss from filleting and wastage is:

Flat Fish	50%
Round Fish	60%
- b. Medium sized fish generally offer the better buy. In small fish the proportion of bone is too great. The flesh of larger and older fish is more coarse and less tender.

6. **Quality.** The eyes should be bright and full, not sunken. The gills red and moist. Scales if present, should be firmly attached. The skin moist or covered with fresh sea slime. The smell should be clean and not offensive.

7. **Storage.** The fish should be stored in ice, in a separate refrigerator or in a part of a refrigerator kept only for fish. The temperature should be kept at just above freezing point

FROZEN FISH

8. **Purchasing.** Frozen fish can be purchased in blocks or individually quick frozen (IQF). The fillet size eg 75 g, 100 g, 125 g etc should be stipulated when ordering.

9. **Quality.** The fish should be thoroughly frozen solid throughout with no soft areas. There should be no freezer-burn dull white patches or ice crystals present in the flesh, if they are the fish may have defrosted and been re-frozen.

10. **Storage.** The fish should be kept in a deep freeze cabinet or a freezer compartment at minus 18°C or below until required.

SHELLFISH

11. **Purchasing.** Shellfish can be purchased live, ready cooked or quick frozen. With the exception of prawns and shrimps which are usually purchased ready cooked all shellfish should be purchased alive or quick frozen. Shellfish deteriorate quickly so ready cooked shellfish are often not a good buy. Points to note in respect of the different types are:

a. **Molluscs.** The shells should be closed, if not they should close immediately when tapped. If the shell does not close then the fish is dead and should be discarded.

b. **Crustaceans.** These should be heavy and full when tapped. When lobsters etc have been out of the sea for any appreciable period the flesh shrinks and you are buying more shell than fish.

12. **Quality.** Points to note are as follows:

a. **lobsters.** Live lobsters are a blue black in colour, turning scarlet when cooked. Both claws should be attached. There is usually more flesh on the hen lobster but the flesh is considered inferior to that of the cock. The coral of the hen lobster is used to give colour and flavour to soups and sauces.

b. **Crabs.** The claws should be large and heavy and both be attached. The hen crab has a broader tail which is pink in colour. The cock has a narrow white tail. There is more flesh on the hen but it is considered inferior to that of the cock.

c. **Crawfish.** Blue black in colour it turns orange - red when cooked. In appearance they are the large spiny lobsters with long antenna and no claws.

d. **Crayfish.** A small fresh water shellfish similar in appearance to a lobster.

e. **Oysters.** Oysters must be alive when purchased. they should have a clean fresh smell.

f. **Mussels.** The shells must be tightly closed. They should be large in size and have a clean fresh smell.

g. **Scallops.** The shells must be tightly closed. When opened the orange tongue should be bright and plump.

13. **Storage.** Live shellfish should be kept in a refrigerator or cold room covered with damp cloths. They should be cooked as soon as possible after purchasing.

SMOKED FISH

14. As a method of preserving fish prior to the invention of canning and freezing, smoking was and remains very popular. The most popular varieties of smoked fish available are: salmon, trout, haddock, kippers, mackerel, oysters, cod-roe and eel.

15. Brightly coloured smoked fish should be avoided as this suggests that the fish has been dyed and flavoured and not traditionally smoked. Smoked fish must be stored in a refrigerator.

CANNED FISH

16. Oily varieties of fish are usually used in canning. Sardines, salmon, anchovies, pilchards, tuna, herring and herring roes are the most popular types. They are canned either in their own juice, or in brine, oil or tomato sauce.

PICKLED FISH

17. Herrings filleted, rolled and pickled in vinegar are known as rollmops, mussels and cockles are also available purchased pickled.

CUTS OF FISH

18. Cuts of fish consist of the following:

- a. **Fillets.** A cut of fish free from bone. A flat fish yields 4 fillets, whilst a round fish yields 2 fillets. The fillet is not normally cut again. If it is the cut is known as supreme.
- b. **Supremes.** This is the cut from a large fillet of a large fish eg turbot brill, halibut or cod. The cut is always made on the slant.
- c. **Delice.** A fillet from one of the smaller flat fish eg sole. The fillet is trimmed and neatly folded in half.
- d. **Paupiette.** This is a fillet from one of the smaller flat fish. It is spread with fish stuffing and rolled up.
- e. **Troncon.** A portion cut from one of the larger flat fish eg turbot, halibut or brill on the bone.
- f. **Darne.** A portion of round fish cut on the bone. More usually salmon or cod.
- g. **Half Darne.** A half darne of very large round fish which would otherwise produce a portion too large for practical use.

BAKED

1. BAKED FISH FILLETS 10 PORTIONS

<i>Ingredients</i>	
Fish fillets	10x100 g
Flour	50 g
Margarine	150 g
Lemons	2
Salt	
Pepper	

Method

1. Wash the fillets.
2. Grease the baking dish with the margarine.
3. Dust the fillets with flour, arrange them skin side down in the dish.
4. Melt the remaining margarine and pour over the fillets, season and bake in a hot oven 220°C for 15 minutes.
5. Serve with a wedge of lemon.

Note: Savoury butter may be served with this dish eg parsley butter, anchovy butter.

2. FISH FILLETS ST GERMAINE 10 PORTIONS

<i>Ingredients</i>	
Fish fillets	10x100 g
Butter	150 g
White breadcrumbs	150 g
Flour	
Salt	
Pepper	
Noisette potatoes	400 g
Bearnaise sauce	500 ml

Method

1. Season the fillet and pass them through flour, melted butter and breadcrumbs.
2. Place the fish on a buttered tray and sprinkle with any remaining butter.
3. Bake in a hot oven 200°C until cooked and finish under a grill to adjust the colour if necessary.
4. Serve garnished with noisette potatoes and bearnaise sauce.

Note: Fillets of sole and plaice are generally used.

COLD

3. FISH FILLETS IN ASPIC 10 PORTIONS

<i>Ingredients</i>	
Fish fillets	10x100 g
Salmon stuffing	300 g
Smoked salmon	50 g
Russian salad	500g
Aspic jelly	1 ltr
Salt	
Pepper	
Lemons	2
Truffle	25 g
Mayonnaise	500 ml

Method

1. Poach the fillets of sole in well acidulated fish stock to keep them as white as possible.
2. Remove them carefully from the cooking liquor, place them on a cloth on a flat tray and press them lightly top ensure that they are quite flat. Allow them to get cold.
3. Trim the fillets to an even size in an elongated pear shape.
4. Place carefully on a wire tray and decorate them neatly with truffle or other suitable materials.
5. Glaze with clear fish aspic.
6. Arrange the Russian salad which must be bound with mayonnaise and aspic jelly, in the form of a fan. This should slope slightly from the back to the point. This must be done on a serving dish which must be chemised after the sole has been shaped.
7. Place the decorated fillets of sole on the socle and pipe a thin line of finely chopped aspic between the fillets and around the outside edges.
8. Decorate with shrimp domes and asparagus tips and croutons of jelly around the dish.

4. FISH FILLETS ITALIENNE 10 PORTIONS

Ingredients

Fish fillets	10x100 g
Lemon	1
<u>Fish stock</u>	100 ml
Salt	
Pepper	
<u>Vegetable salad</u>	
	400 g
Leaf Gelatine	15 g
<u>Fish chaudfroid sauce</u>	500 ml
Eggs	2
Tomatoes	5
Cucumber	1
Shrimps (peeled)	50 g
<u>shrimp butter</u>	25 g
<u>Asparagus spears</u>	30
<u>Fish Aspic jelly</u>	500 ml

Method

1. Soak the gelatine then melt it in a little hot water. Trim and wash the fillets, make two incisions across the backs in the thick part. Soak in water, to which juice of lemon has been added, for one hour.
2. Flatten the fillets and fold them in half.
3. Cover the fillets with fish stock and poach then in a fireproof dish covered with buttered greaseproof paper for about 8 minutes.
4. Allow them to cool a little, remove carefully from the liquor and lightly press until cold.
5. Add the gelatine, and add it to the vegetable salad then pour into a mould to form a fan shape.
6. Trim the fillets and place them on a wire tray.
7. Mask the fillets with chaudfroid and allow to set, decorate and glaze with fish aspic jelly.
8. Turn the fan of vegetable salad out onto a jellied serving dish.
9. Trim any surplus aspic from the fish and arrange on the fan.
10. Garnish with:
 - a. Peeled, decorated, glazed tomatoes.
 - b. Cucumber boats filled with shrimp butter, decorated with shrimps and glazed.
 - c. Glazed stuffed eggs.
 - d. Asparagus spears decorated and glazed.

Note: Fillets of sole or plaice are generally used.

5. FISH FILLETS PARISIENNE 10 PORTIONS

Ingredients

Fish fillets	10x100 g
Fish stock	500 ml
Lemons	2
<u>Fish aspic</u>	500 ml
<u>Russian salad</u>	800 g
<u>Mayonnaise</u>	500 ml
<u>Aspic jelly</u>	1 ltr
<u>Shrimp mousse</u>	300 g
Prawns	50 g
Asparagus tips	1 tin
Salt	
Pepper	

Method

1. Poach the fillets in well acidulated fish stock to keep them white.

2. Remove them from the cooking liquor, place them on a cloth on a flat tray and press them lightly to ensure that they are quite flat. Allow them to get cold.
3. Trim the fillets to an even size in an elongated pear shape.
4. Place them on a wire tray and decorate them with truffle or other suitable materials.
5. Glaze them with clear fish aspic.
6. Arrange the Russian salad into a socle which should be bound together with mayonnaise and aspic jelly, in the shape of a fan. This should slope slightly from the back to the point. This must be done on the serving dish which should be chemised after the socle has been shaped.
7. Place the decorated fillets on the socle and pipe a thin line of finely chopped aspic between the fillets and around the outside edges.
8. Decorate with the moulded shrimp mousse and asparagus tips and croutons of jelly around the dish.

6. DECORATED SALMON 10 PORTIONS

Ingredients

Fresh salmon	2 kg
<u>Court bouillon</u>	1 ltr
<u>Fish aspic</u>	1 ltr
Tomatoes small	5
Truffle	25 g
Cucumber	1
Radish	5
Pimento	25 g
Asparagus spears	20
Prawns (peeled)	50 g
<u>Shrimp butter</u>	25 g
Shrimps (peeled)	50 g

Method

1. Scale and clean the salmon. Place it in a fish kettle and cover with cold court bouillon.
2. Bring to the boil and simmer for 15 minutes.
3. Remove the butter from the stove and allow the salmon to cool in the cooking liquor.
4. Carefully remove the fish from the liquor and peel the skin off the brown flesh.
5. Decorate using cucumber, radishes, prawns, truffle, pimento etc.
6. Mask the salmon with fish aspic and place on a glazed oval dish.
7. Garnish with:
 - a. Glazed small tomatoes.
 - b. Cucumber boats filled with shrimp butter and shrimps.
 - c. Glazed asparagus spears.

Note: When cooking larger salmon allow the following cooking times:

5 kg	- 20 minutes
10 kg	- 25 minutes
15 kg	- 30 minutes

7. DRESSED SALMON 10 PORTIONS

Ingredients

Salmon	2 kg
<u>Court bouillon</u>	1 ltr
Tomatoes	400 g
Cucumber	400 g
Lettuce	2
Eggs	5

Mayonnaise 500 ml
Salt
Pepper
Parsley

Method

1. Scale and clean the salmon. Place it in a fish kettle and cover with cold court bouillon.
2. Bring to the boil and simmer for 15 minutes.
3. Remove the butter from the stove and allow the salmon to cool in the cooking liquor.
4. When cold remove the fish from the liquor peel off the skin and clean off the brown flesh.
5. Place onto a serving dish and garnish with quarters of lettuce, skinned tomatoes, hard boiled eggs, slices of cucumber and sprigs of parsley.
6. Serve mayonnaise in a sauceboat separately.

8. SALMON MAYONNAISE

10 PORTIONS

Ingredients

Salmon (cooked)	1 kg
Eggs	5
Anchovy fillets	5
Capers	15 g
Lettuce	2
Tomatoes	125 g
Cucumber	100 g
Mayonnaise	225 ml
Stoned olives	10
Gherkins	5
Parsley (chopped)	

Method

1. Remove the outer leaves of the lettuce. Wash and dry then shred and spread on the base of a salad dish.
2. Flake the salmon onto the bed of lettuce and mask over with mayonnaise.
3. Garnish the fish with fans of gherkins, strips of anchovy, capers and halves of olives.
4. Decorate the outside of the dish with quarters of lettuce, tomatoes, hard boiled eggs, sliced cucumber and chopped parsley.

Note: Tinned salmon may also be used in this dish.

9. TROUT IN ASPIC

10 PORTIONS

Ingredients

Trout	10x150g
Court bouillon	1 ltr
Fish aspic	1 ltr
Tomatoes small	
125 g	
Eggs	5

Method

1. Wash the trout and remove the gill membranes and eyes. Remove the scales and fins and clean out the entrails through the gill slits.
2. Place the fish in cold court bouillon, bring to the boil and simmer for ten minutes.
3. Allow to go cold in the liquor then remove the skin from the top half of the fish. Remove the back fin leaving a small groove along the back of the fish.
4. Decorate and glaze with the aspic.
5. Glaze a serving dish with aspic jelly and place the fish on the dish. Garnish with glazed tomatoes and stuffed eggs, diced aspic and croutons of aspic jelly around the dish.

COOKED FISH

10. FISH CAKES

10 PORTIONS

Ingredients

Potatoes (prepared)	1 kg
Cooked white fish	500 g
Flour	50 g
Eggs	2
Breadcrumbs	150 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Boil the potatoes in salted water until tender then dry and mash them.
2. Mix the mashed potatoes with fish, chopped parsley and seasoning.
3. Mould the mixture into 75 g medallion shaped cakes. Coat in flour, egg wash and breadcrumbs.
4. Deep fry in hot oil. Allow 2 cakes per portion, garnish with fried parsley sprigs.

Note: Tinned salmon may be used in lieu of fresh fish. Tomato sauce may be served separately.

11. FISH AND POTATO PIE

10 PORTIONS

Ingredients

Cooked white fish	1 kg
White sauce	100 ml
Parsley	15 g
Potatoes (prepared)	1 kg
Salt	
Pepper	
Margarine	50 g
Breadcrumbs (dried)	100 g

Method

1. Mix the flaked, cooked fish with the white sauce, chopped parsley and seasoning. Half fill a pie dish.
2. Boil the potatoes in salted water until tender then dry and mash them.
3. Cover the fish with the potatoes.
4. Brush the surface with melted margarine, then sprinkle the surface with breadcrumbs and bake in a moderate oven 200°C until golden brown.
5. Garnish with parsley and serve.

12. KEDGEREE

10 PORTIONS

Ingredients

Rice Pilaff	250 g
Margarine	25 g
Cooked Fish	500 g
Eggs	5
Salt	
Pepper	

Method

1. Remove all the skin and bone from the fish and flake the flesh.
2. Hard boil the eggs, cook them and remove the shells.
3. Cut the egg into rough dice.
4. Mix the fish, rice, eggs and seasoning together.
5. Place in a fireproof dish cover with a buttered paper and reheat in an oven at 200°C.

Note: This dish is traditionally made with flaked salmon or smoked haddock. Other suitable fish, are cod haddock and turbot. Tinned salmon or tuna could also be used.

13. SALMON COULIBIAC

10 PORTIONS

Ingredients

<u>Brioche paste (plain)</u>	400 g
Cooked salmon	250 g
<u>Pilaff of rice</u>	400 g
Vesiga	25 g
Eggs	5
Onions	50 g
Mushrooms	125 g
Butter	
Parsley	

Method

1. Peel and slice the mushrooms. cook them in a little butter without colouring and allow them to cool.
2. Hard boil the eggs, cool them and remove the shells. Cut them into rough dice.
3. Finely chop the onions and cook them without colouring in butter.
4. Cut the cooked vesiga into small dice.
5. Roll out the brioche paste into a rectangle 35cm x 25cm..
6. Spread with a layer of rice, then salmon, mushroom, egg, onions, vesiga and chopped parsley. Alternate the layers until all the ingredients have been used.
7. Moisten the edges of the paste and draw one edge over to the opposite edge and seal.
8. Fold the ends under to completely seal the pastry.
9. Allow the dough to prove. Make 3 holes in the top to allow the steam to escape.
10. Egg wash and bake in a hot oven for 45 minutes until the paste is cooked then fill with melted butter through the holes cut in the top.
11. Cut into portions and serve.
12. Serve a light curry sauce separately if desired.

Note: Vesiga the dried spinal marrow of the sturgeon must be soaked in cold water for 4 hours and then cooked in boiling water for 3½ hours. Soaking causes the vesiga to increase in volume by 5 times.

14. FISH MOUSSE

10 PORTIONS

Ingredients

Cooked fish or shellfish (as appropriate to recipe)	450 g
<u>Fish veloute</u>	175 ml
Fresh Cream	175 ml
<u>Fish aspic</u>	175 ml
Cayenne pepper	

Method

1. Remove the skin and bones from the fish. Pound the flesh in a mortar or mince through a fine plate and then pass through a fine sieve.
2. Mix in the cold fish veloute and fish aspic which should be on the point of setting.
3. Whisk the cream to a soft peak and fold it into the mixture. Adjust the seasoning with a little cayenne pepper and use as required.

Note: Lobster, salmon, prawn or shrimp can be used. It is permissible to use a little red colouring if it is considered necessary. The mouse should be tested for setting prior to use. A slight increase in aspic may be required in very warm weather.

15. FISH PATE

10 PORTIONS

Ingredients

Smoked fish	250 g
Butter	250 g
Black peppercorns	

Method

1. Remove the skin and bones from the fish. Pound the fish in a mortar or mince through a fine plate and then pass through a sieve. Soften the butter and mix it with the fish.
2. Season with freshly ground black pepper and divide between ramekins.
3. Serve with hot toast.

Note: Smoked mackerel, smoked trout, smoked salmon or kipper fillets can be used.

16. FISH QUENELLES

10 PORTIONS

Ingredients

Whiting (filleted and skinned)	800 g
Eggs	2
Cream	500 ml
Salt	
Cayenne pepper	

Method

1. Separate the whites of the eggs from the yolks.
2. Mince the raw fish, add the whites of egg and mix thoroughly.
3. Pass through a fine sieve.
4. Place into a china basin and stand this on a bed of ice.
5. Season the mixture and add the cream mixing vigorously with a wooden spoon.
6. Shape the mixture using two desert spoons into kernel shapes. The spoons should be moistened with water to prevent the mixture sticking.
7. Poach the quenelles in fish stock for 5 minutes.
8. Remove from the stock and drain.

Notes:

1. The quenelles can be served with either a Nantua Sauce or Americaine. Sauce which will give the name to the finished dish.
2. The mix can be shaped utilising teaspoons to produce smaller quenelles for garnishing.
3. Various other firm fish such as hake, sole and salmon and fresh water pike can be used.

17. FISH STUFFING

10 PORTIONS

Ingredients

Fish as appropriate to recipe (filleted and skinned)	500 g
Eggs	2
Cream	300 ml
Cayenne pepper	

Method

1. Separate the whites of the eggs from the yolks.
2. Mince the raw fish through a fine plate, add the whites of eggs and mix thoroughly.
3. Pass through a fine sieve.
4. Place into a china basin and stand this on a bed of ice.
5. Season the mixture and add the cream mixing vigorously with a wooden spoon.
6. The stuffing is now ready for use as required.

Notes:

1. For a superior stuffing firm fish such as pike, hake, salmon or sole may be used.
2. A prawn or shrimp forcemeat can be made by substituting 100 g or prawns or shrimp for 100 g of the base fish. A small amount of colour may be added if required.

FRIED (DEEP)

18 FISH IN BATTER

10 PORTIONS

Ingredients

Fish fillets	10 x
100 g	
<u>Yeast batter</u>	500 ml
Flour	50 g
Salt	
Pepper	
Lemon	1
Parsley	

Method

1. Pass the fish fillets through seasoned flour.
2. Dip the fillets into the batter, remove any excess batter, then deep fry in hot oil until crisp and golden brown..
3. Remove from the oil, drain off the surplus fat and serve on a warm dish using a garnish of wedges of lemon and fried parsley.

Notes:

1. Suitable fish for this recipe are cod, haddock and plaice but other white fish may be used.
2. The classic accompaniment for this dish is tomato sauce.

19. FISH IN BREADCRUMBS

10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Breadcrumbs	125 g	
Eggs	3	
Flour	50 g	
Lemon	1	
Salt		
Pepper		
Parsley		

Method

1. Season the prepared fillets.
2. Fry in deep hot fat as required.
3. Serve on a warm dish using garnished with lemon wedges and fried parsley.

Notes:

1. Tartare Sauce is served with this dish.
2. Suitable fish for this recipe are cod, haddock and plaice but other white fish may be used.

20. GOUJONS

10 PORTIONS

Ingredients

Fish fillets	10	c
100 g		
Flour	100 g	
Eggs	3	
Breadcrumbs	125 g	
Lemon	1	
Salt		
Pepper		
Parsley		

Method

1. Cut the fish into strips about 15 mm wide diagonally across the fillets.
2. Roll each piece of fish to given an even cigar shape and to make the crumbs adhere to the fish.
3. Deep fry in hot fat until crisp and golden brown.
4. Drain and serve on a warm dish using a garnish of fried parsley and wedges of lemon.

Notes:

1. Suitable fish for this recipe are sole and plaice
2. Tartare sauce may be served separately.

21. WHITEBAIT

10 PORTIONS

Ingredients

Whitebait	1 kg
Flour	225 g
Lemons	2
Milk	225 ml
<u>Deville sauce</u>	250 ml
Salt	
Cayenne pepper	
Parsley	

Method

1. Wash and drain the whitebait thoroughly.
2. Place into the milk. Lift from the milk and place into the flour. Coat thoroughly with the flour, place on a sieve and shake off any surplus flour.
3. Fry the whitebait in hot oil no more than 4 portions at a time. Agitate gently with a wire spider whilst frying to keep the whitebait separate.
4. Cook for about 3 minutes until a biscuit colour is reached and the whitebait are just crisp.
5. Remove from the fat with a wire spider into a basket and sprinkle lightly with salt and cayenne pepper.
6. Serve on a warm dish using a garnish of wedges of lemon and fried parsley, and devilled sauce separately.

SHALLOW FRIED

22. FISH MEUNIERE 10 PORTIONS

Ingredients

Fish fillets	10 x 100 g
Oil	100 ml
Lemons	3
Flour	50 g
Butter	75 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Skin the fillets and pass them through seasoned flour.
2. Shallow fry them in hot oil to a golden colour starting with the flesh side down and turning once only.
3. Drain and place on a serving dish, keep hot. Squeeze a little lemon juice over the fillets and place a peeled lemon slice on each portion.
4. Heat the butter in a clean pan until nut brown, add a little lemon juice and pour over the fish. Garnish with chopped parsley and serve.

Notes:

1. Suitable fish are plaice, sole, cod and turbot.
2. This method is also suitable for cooking trout. In which case remove the gill membranes and eyes. Remove the scales and fins and clean out the entrails through the gill slits. Make three incisions on each side and proceed as shown in Stages 2-5 above.

23. FISH BELLE MEUNIERE

8 PORTIONS

Ingredients

Fish fillets	8 x 100
g	
Flour	100 g
Salt	
Pepper	

Oil	100g
Tomatoes	2
Mushrooms	8
Herring roes (Soft)	100 g
Butter	50 g
Lemons	2
Parsley	

Method

1. Skin the fillets and pass them through seasoned flour.
2. Shallow fry them in hot oil, to a golden colour starting with the flesh side down and turning once only.
3. Drain and place on a serving dish, keep hot.
4. Garnish each fillet with:
 - a. Lightly fried quarters of tomato.
 - b. A small piece of shallow fried herring roe.
 - c. A small mushroom, cooked in butter.
 - d. A slice of lemon.
5. Heat the butter in a clean pan until nut brown add a little lemon juice and pour over the fish. Garnish with chopped parsley and serve in a warm dish.

Note: Suitable fish are plaice, sole, cod and turbot.

24. FISH DORIA

10 PORTIONS

Ingredients

Fish fillets	10x100g
Salt	
Lemons	2
Cucumber	400 g
Butter	125 g
Oil	
Pepper	
Flour	100 g
Parsley (chopped)	

Method

1. Skin the fillets and pass them through seasoned flour.
2. Shallow fry them in hot oil, to a golden colour starting with the flesh side down and turning once only.
3. Drain and place on a serving dish, keep hot.
4. Squeeze a little lemon juice over the fillets and place a peeled lemon slice on each portion.
5. Fry small olive shaped pieces of cucumber in a little butter in a covered pan and use these as garnish.
6. Heat the remainder of the butter in a clean pan until nut brown, add a little lemon juice and pour over the fish. Garnish with chopped parsley and serve on a warm dish.

Note: Suitable fish are plaice, sole, cod, turbot and trout.

25. FISH GRENOBLOISE

8 PORTIONS

Ingredients

Fish fillets	8 x 100g
Butter	150 g
Lemons	2
Flour	50 g
Capers	50 g
Salt	
Pepper	

Method

1. Skin the fillets and pass them through seasoned flour.
2. Shallow fry them in butter starting with the flesh side down and turning once only. Place on a warm serving dish.
3. Pour over the butter and garnish with capers and peeled quarters of lemon.

Note: Suitable fish are sole, plaice and trout.

26. FISH FILLETS MURAT

10 PORTIONS

Ingredients

Fish fillets	10 x 100 g
Cocotte potatoes	400 g
Oil	100ml
Artichoke bottoms	5
Flour	100 g
Lemon	1
Butter	75 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the fish into strips about 15mm wide diagonally across the fillets.
2. Pass the strips through seasoned flour and shallow fry them in hot oil.
3. Drain off any excess oil and toss together with quartered artichoke bottoms and cooked cocotte potatoes in a pan.
4. Pile onto a serving dish - sprinkle with lemon juice.
5. Heat the butter in a clean pan until but brown, add a little lemon juice and pour over the fish. Garnish with chopped parsley and serve on a warm dish.

Note: Suitable fish are plaice, sole and turbot.

27. HERRING

10 PORTIONS

Ingredients

Herrings	10 x 150 g
Flour	50 g
Oil	100 ml
Mustard sauce	250 ml
Salt	
Pepper	

Method

1. Clean and prepare the herrings without removing the roe.
2. Make 3 incisions with a sharp knife into the thick part of the flesh on each side.
3. Pass through seasoned flour.
4. Shallow fry in hot oil.
5. Serve on a warm dish with mustard sauce separately.

GRILLED FISH

28. GRILLED FISH FILLETS

10 PORTIONS

Ingredients

Fish fillets	10 x 100 g
Oil	100 ml
Flour	50 g
Lemon	1
Salt	
Pepper	
Parsley	

Method

1. Season and flour the fillets.
2. Brush the fish with oil and place it on a tray.
3. Cook under a grill until lightly coloured, brushing the fish with oil from time to time.
4. Serve on a warm dish with a wedge of lemon and a sprig of parsley on each fillet.

Notes:

1. The following butters or sauce may be served with this dish:
 - a. Butters - Parsley or Anchovy.

b. Sauces - Tartare or Bearnaise.

2. Cod, haddock, plaice, turbot or similar white fish is suitable.

29. GRILLED WHOLE FISH

10 PORTIONS

Ingredients

Fish	10
Oil	100 ml
Flour	50 g
Lemon	1

Method

1. Wash the fish, remove the gills and eyes fins and scales. Clean out the entrails.
2. Pass the fish through seasoned flour.
3. Brush the fish with oil and place it on a tray.
4. Cook under a grill turning it when half cooked.
5. Serve, garnished with wedges of lemon on a warm dish.

Notes:

1. Suitable fish for this recipe are herring, mackerel, trout, red mullet and sole. Incisions are made on each side to assist cooking.
2. Mustard sauce can be served with herrings and mackerel.

30. FISH FILLETS CAPRICE

10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Butter	125 g	
Breadcrumbs	125 g	
Flour	75 g	
Bananas	5	
Oil	75 ml	
Salt		
Pepper		
Parsley (chopped)		
Robert sauce	250 ml	

Method

1. Pass the fish through seasoned flour, melted butter and breadcrumbs.
2. Place the breadcrumb fish on a buttered tray and sprinkle it with the melted butter.
3. Cook under a grill until lightly coloured.
4. Peel and slice the bananas lengthways into halves.
5. Pass them through the flour and shallow fry them in oil into halves.
6. Arrange the fillets on a warm dish and place half a fried banana on each with a sprig of parsley.
7. Serve the Robert sauce separately.

Note Suitable fish fillets for this recipe are plaice and sole.

31. KIPPERS

10 PORTIONS

Ingredients

Kippers	10
Margarine	50 g
Butter	50 g

Method

1. Remove the heads and tails.
2. Arrange on trays, brush with margarine and cook under a grill for 5 minutes.
3. Remove the bone and serve on a dish with a knob of butter on each kipper.

32. BRAISED FISH WITH GINGER AND SPRING ONION

10 PORTIONS

Ingredients

Fish fillets	1 kg
Shallots	50 g
Chillies	2
Spring onions	50 g
Ginger root	50 g
Garlic	50 g
Rice wine	20 ml
Light soy sauce	20 ml
Dark soy sauce	10 ml
Sugar	5 g
Sesame oil	10 ml
Water	250ml

Method

1. Cut the fish fillets into portions.
2. Crush half of the ginger and garlic. Slice the remainder of the ginger and the garlic and all of the shallots.
3. Mix the crushed ginger and garlic and half of the shallots with the fish. Rub the surface of a wok with sliced ginger.
4. Heat the sesame oil in the wok and shallow fry the fish over low heat until both sides are a golden colour. Add the sliced garlic and shallots and fry for 4 minutes. Add the wine, water, sugar and soy sauces.
5. Shred the spring onions and chillies. Put the chillies and half the spring onions into the wok and simmer for 5 minutes.
6. Place the fish onto a warm serving dish and garnish with the remaining spring onions.

33. DEEP FRIED FISH IN SWEETCORN SAUCE

10 PORTIONS

Ingredients

Fish fillers	1 kg
Eggs	4
Spring onions	2
Sweetcorn	
(tinned creamed style)	200 g
Rice wine	10 ml
Sugar	5 g
Sesame oil	10 ml
Cornflour	50 g
Light soy sauce	20 ml
Salt	
Pepper	

Method

1. Separate the egg yolks from the whites.
2. Slice the fish fillets into 40 mm c 6 mm slices and marinate with the soy sauce, salt, sugar, a pinch of pepper and half of the egg white.
3. Beat two of the egg yolks together and mix with the fish then coat the fish using half of the cornflour.
4. Deep fry to a golden colour, put in a serving dish and keep warm.
5. Heat a wok with sesame oil, add the wine, sweetcorn and seasoning. Bring to the boil, thicken with the remaining cornflour, simmer for two minutes then put in the remaining egg whites and spring onions.
6. Pour onto fish, garnish with parsley and serve.

34. BRAISED PRAWNS WITH VEGETABLES

10 PORTIONS

Ingredients

Prawns	1 kg
Broccoli	400 g
Carrots	50 g

Ginger root	50 g
Spring onions	10 g
White wine	20 ml
Oyster sauce	40 ml
Sugar	10 g
Cornflour	20 g
Egg	1
Salt	

Method

1. Peel and slice the carrots and ginger and cut the spring onions into 25 mm lengths.
2. Cut the broccoli into florets 25 mm long. Blanch these in boiling water for one minute then refresh in cold water and drain.
3. Marinade the prawns in half of the wine, half of the sugar, salt, egg white and cornflour for 20 minutes.
4. Cook the broccoli florets in a wok or large frying pan with salt, the remainder of the wine and the sugar for 2 minutes then put into a serving dish and keep warm.
5. Reheat the wok, add oil and fry the prawns for 2 minutes, add the carrots, ginger, spring onions, the oyster sauce and cook for one minute.
6. Thicken with the cornflour, put in the broccoli, reheat and serve in a warm dish.

35. PRAWN CURRY

10 PORTIONS

Ingredients

Prawns (prepared)	800 g
<u>Curry sauce</u>	750 ml
<u>Boiled rice</u>	1 kg
Butter	50 g

Method

1. Fry the prawns in a little butter for one minute.
2. Remove them from the heat and drain thoroughly.
3. Boil the curry, put in the prawns and serve with a border of boiled rice.

36. SQUID ROLLS WITH GREEN VEGETABLES

10 PORTIONS

Ingredients

Squid	1.600 kg
Dry red chilli	8
Ginger	5 g
Green peppers	150 g
Garlic	4 cloves
Spring onions	50 g
Light soy sauce	10 ml
Rice wine	10 ml
Cornflour	15 g
Sugar	10 g
Lemon	1
Sesame oil	25 ml

Method

1. Remove the membrane from the outside of the squid, then cut the flesh into bite size pieces.
2. Remove the seeds from the green peppers and cut the flesh into 15 mm squares. cut the spring onions to 25 mm lengths.
3. Cut the red chilli, into pieces 15 mm long discard the seeds.
4. Heat a wok with oil. Add the green peppers and the red chilli fry for one minute and remove.
5. Crush the ginger and garlic.
6. Heat the wok with oil. Add the ginger, garlic and the squid and fry for 5 minutes. Add half the cooked peppers, the chilli, spring onion, light soy sauce, rice wine, sugar and the sesame oil and fry for a further minute. Thicken with the cornflour and return to the boil

then transfer to a warm serving dish and garnish with wedges of lemon.

37. SAUTE SQUID ROLLS WITH GREEN PEPPERS

10 PORTIONS

Ingredients

Squid	1.2 kg
Green pepper	200 g
Crushed garlic	25 g
Crushed ginger	25 g
Chinese wine	20 ml
Sesame oil	20 ml
Sugar	20 g
Cornflour	15 g
Lemons	2

Method

1. Remove the membrane from the outside of the squid, then cut the flesh into bite size pieces.
2. Remove the seeds from the green peppers and cut the flesh into 15 mm squares. Crush the garlic and the ginger.
3. Heat the wok with the sesame oil, put in the crushed ginger and garlic and fry for one minute. Add the squid, green peppers, and the Chinese wine, sugar and seasoning. Cover with a lid and simmer for 5 minutes. Thicken with the cornflour, reheat and serve garnished with sliced lemon.

POACHED (GLAZED)

38. FISH FILLETS BERCEY

10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Shallots	50 g	
Lemon	1	
Dry white wine	125 ml	
<u>Fish stock</u>	125 ml	
<u>Fish veloute</u>	500 ml	
Butter	100 g	
Eggs	2	
Parsley		
Salt		

Method

1. Peel and finely dice the shallots cook them in butter and place them in a fireproof dish.
2. Soak the fillets in acidulated water for 10 minutes.
3. Fold the fillets in half.
4. Season the fillets, place them on top of the shallots and barely cover with fish stock and white wine.
5. Cover with a buttered paper cartouche, bring to the boil and poach in an oven for about 5 minutes until cooked.
6. Remove the fish, drain on a cloth and keep warm.
7. Reduce the cooking liquor to an essence then add the fish veloute and the butter. Remove from the heat and do not reboil.
8. Add a sabayon made from the egg yolks. Add the chopped parsley and adjust the seasoning.
9. Lightly coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
10. Mask the fillets with the remaining sauce and glaze under a grill.

Notes:

1. Suitable fish for this recipe are sole, plaice and turbot.

- The serving dish and sauce must be at blood temperature to avoid separation.

39. FISH FILLETS BONNE FEMME 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Shallots	50 g	
Lemon	1	
Dry white wine	125 ml	
Fish stock	125 ml	
White button mushrooms	100 g	
Fish veloute	500 ml	
Butter	100 g	
Eggs	2	
Parsley (chopped)		
Salt		

Method

- Slice the button mushrooms
- Finely dice the shallots, cook them in butter and place them in a fireproof dish.
- Soak the fillets in acidulated water for 10 minutes.
- Fold the fillets in half, add seasoning, place them on top of shallots, sprinkle with lemon juice.
- Add the sliced button mushrooms and barely cover with the fish stock and white wine.
- Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
- Remove the fish, drain on a clean cloth and keep warm.
- Reduce the cooking liquor to an essence, then add the fish veloute and the butter. Remove from the heat and do not reboil.
- Add the sabayon made from the egg yolks. Add the chopped parsley and adjust the seasoning.
- Lightly coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
- Mask the fillet with the remaining sauce and glaze under a grill.

Notes:

- Suitable fish for this recipe are sole, plaice and turbot.
- The serving dish and sauce must be at blood temperature to avoid separation.

40. FISH FILLETS CHAUCHAT 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Eggs	2	
Parmesan cheese	25 g	
White sauce	500 ml	
Boiled potatoes	100 g	
Lemon	1	
Fish stock	100 ml	
Salt		
Pepper		

Method

- Prepare the fillets, fold them in half and arrange them in a fireproof dish.
- Sprinkle them with lemon juice. add the fish stock, cover the a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
- Drain the fillets on a clean cloth and keep them warm.
- Boil the white sauce, add seasoning and adjust the consistency with the cooking liquor.
- Remove the sauce from the heat, add a sabayon made from the egg yolks and then pass through a fine strainer.

- Coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
- Slice the potatoes and arrange them around the edge of the dish.
- Mask with the sauce, sprinkle with parmesan cheese and glaze in a hot oven or under a grill.

Note:

- Suitable fish for this recipe are sole, plaice and turbot.

41. FISH FILLETS FLORENTINE 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Butter	30 g	
Eggs	2	
Fish stock	100 ml	
Lemon	1	
Leaf spinach	800 g	
White sauce	500 ml	
Parmesan cheese	30 g	
Salt		
Pepper		

Method

- Prepare the spinach discarding any large stalks and discoloured leaves.
- Thoroughly wash in several changes of water then place into a saucepan containing a little boiling salted water and cook until tender.
- Refresh the spinach under running cold water. Drain thoroughly and squeeze into balls.
- Prepare the fillets, fold them in half and arrange them in a shallow fireproof dish.
- Sprinkle them with lemon juice, add the fish stock, cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
- Drain the fillets on a clean cloth and keep them warm.
- Boil the white sauce, add seasoning and adjust the consistency with the cooking liquor.
- Remove the sauce from the stove, add a sabayon made from the egg yolks and then pass through a fine strainer.
- Reheat the spinach in a little butter, season and arrange in the centre of a warm serving dish.
- Arrange the fillets on top, mask over with the sauce, sprinkle with parmesan cheese and colour under a grill.

Note: Suitable fish for this recipe are: cod, plaice, sole and turbot.

42. FISH FILLETS PALACE 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Shallots	50 g	
Lemon	1	
Dry white wine	125 ml	
Fish stock	125 ml	
White button mushrooms	100 g	
Tomatoes	100 g	
Butter	100 g	
Egg	2	
Parsley		
Tarragon	5 g	
Salt		
Pepper		

Method

- Slice the button mushrooms.
- Finely dice the shallots, cook them in a little butter and place them in a fireproof dish.

3. Soak the fillets in acidulated water for 10 minutes.
4. Fold the fillets in half to form a heart shape.
5. Season the fillets, place them on top of the shallots, sprinkle with lemon juice and add the sliced button mushrooms.
6. Barely cover with the fish stock and white wine.
7. Cover with a buttered paper., bring to the boil and poach in an oven for about 5 minutes until cooked.
8. Remove the fish drain on a clean cloth and keep them warm.
9. Reduce the cooking liquor to an essence then add the fish veloute and the butter. Remove from the heat and do not reboil.
10. Add a sabayon made from the egg yolks and the chopped parsley, tomato concasse and tarragon. Adjust the seasoning and consistency.
11. Lightly coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on top.
12. Mask the fillets with the remaining sauce and glaze under a grill for service.

Notes:

1. Suitable fish for this recipe are sole, plaice and turbot.
2. The serving dish and sauce must be at blood temperature to avoid separation.

43. FISH FILLETS VERONIQUE

10 PORTIONS

Ingredients

Fish fillets	10	c
100 g		
White grapes	200	g
Shallots	50	g
Lemon	1	
Dry white wine	125	ml
Fish stock	125	ml
Fish veloute	500	ml
Butter	100	g
Egg	2	

Method

1. Blanch the grapes and remove the skins and seeds.
2. Finely dice the shallots, cook them in a little butter and place them in a fireproof dish.
3. Soak the fillets in acidulated water for 10 minutes.
4. Fold the fillets in half.
5. Season the fillets and place them on top of the shallots.
6. Barely cover with the fish stock and white wine.
7. Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
8. Remove the fish drain on a clean cloth and keep warm.
9. Reduce the cooking liquor to an essence then add the fish veloute and the butter. Remove from the heat and do not reboil.
10. Add a sabayon made from the egg yolks.
11. Lightly coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
12. Arrange the grapes around the fillets and mask with the sauce then glaze under a grill for service.

Notes

1. Suitable fish for this recipe are sole, plaice and turbot.
2. The serving dish and sauce must be at blood temperature to avoid separation.

44. FISH FILLETS WALESKA

10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Lemon	1	
Fish stock	100	ml
White sauce	500	ml

Slices of truffle	10
Slices of lobster tail	10
Parmesan cheese	25 g
Eggs	2
Salt	
Pepper	

Method

1. Prepare the fillets and fold them in half.
2. Arrange the fillets in a shallow fireproof dish.
3. Sprinkle them with lemon juice, add the fish stock, cover with a buttered paper cartouche, bring to the boil and poach in an oven for about 5 minutes until cooked.
4. Drain the fillets on a clean cloth and keep them warm.
5. Boil the white sauce, add seasoning and adjust the consistency with the cooking liquor.
6. Remove the sauce from the heat, add a sabayon made from the egg yolks, and pass through a fine strainer.
7. Coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
8. Garnish each fillet with a hot slice of lobster and a slice of truffle.
9. Mask with the sauce, sprinkle with the grated cheese and colour under a grill for service.

Note: This recipe is suitable for sole, plaice and turbot.

UNGLAZED

45. POACHED DARNES, TRONCONS, SUPREMES

10 PORTIONS

Ingredients

Darnes, troncons, supremes	10 x 125	g
Lemon	1	
Salt		
Parsley		

Method

1. Place the dish in a fireproof dish and barely cover with salted water, and lemon juice.
2. Bring to the boil and skim.
3. Simmer for about 5 minutes until cooked.
4. Garnish with parsley and a wedge of lemon.

Notes:

1. This method is suitable for:
 - a. Darnes of cod, haddock, salmon.
 - b. Troncons of turbot and halibut.
 - c. Supremes of turbot and halibut.
2. Suitable sauces for serving with the above are: Mornay, Parsley, Egg, Anchovy, Hollandaise or Mousseline.

46. POACHED TROUT

10 PORTIONS

Ingredients

Trout	10 x 150	g
Court bouillon	1	lt
Boiled potatoes	800	g
Butter	100	g
Parsley		

Method

1. Wash the trout in cold water and remove the gill membranes and the eyes. Remove the scales and fins and clean out the entrails through the gill slits. Trim the tails square and wash the fish thoroughly.
2. Place the fish in cold court bouillon, bring them to the boil and poach them for about 8 minutes.

3. Remove the trout from the court bouillon, drain them on a clean cloth, and place them on a warm serving dish.
4. Garnish with parsley and serve with plain boiled potatoes and melted butter.

47. FISH FILLETS AMERICAINE 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Cooked lobster	10 slices	
Shallots	25 g	
<u>Fish stock</u>	150 ml	
<u>Americaine sauce</u>	500 ml	
Lemon	1	
Salt		
Pepper		

Method

1. Cut the shallots into fine dice and cook them in a little butter then place them in a fireproof dish.
2. Soak the fillets in acidulated water for 10 minutes.
3. Fold the fillets in half.
4. Season the fillet and place them on top of the shallots.
5. Barely cover with the fish stock and white wine.
6. Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
7. Remove the fish from the liquid, drain on a clean cloth and place a slice of lobster on each fillet. Keep the fish warm.
8. Reduce the cooking liquor to an essence and add the Americaine Sauce.
9. Pass through a fine conical strainer and reheat.
10. Mask the centre of a warm serving tray with a little of the sauce.
11. Arrange the fillets on this and mask with remaining sauce for service.

Note: Suitable fish for this recipe are sole, plaice, turbot.

48. FISH FILLETS DIEPPOISE 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
<u>Fish stock</u>	125 ml	
White wine	125 ml	
Mussels fresh	500 ml	
Prawns/shrimps peeled	50 g	
Shallots	25 g	
Lemon	1	
<u>Fish veloute</u>	500 ml	
Button mushrooms	50 g	
Butter	100 g	
Salt		
Pepper		

Method

1. Cut the shallots into fine dice and cook them in a little butter then place them in a fireproof dish.
2. Soak the fillets in acidulated water for 10 minutes.
3. Fold the fillets in half.
4. Season the fillets and place them on top of the shallots.
5. Barely cover with the fish stock and white wine.
6. Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
7. Remove the fish from the liquid and keep warm.
8. Using a little of the liquid cook the mussels and remove the beard. Keep the mussels warm and retain the cooking liquor.
9. Clean the mushrooms and cook them in a little butter with the lemon juice added.
10. Heat the shrimps and add them to the mussels.

11. Add the liquors to the fish stock and reduce to an essence.
12. Add the fish veloute, bring to the boil and reduce to the required consistency. Add the butter and adjust the seasoning.
13. Pass through a fine strainer.
14. Mask the centre of a warm serving dish with a little of the sauce. Arrange the fillets on this. Add the garnish to the remaining sauce and mask over the fillets.

Note: Suitable fish for this recipe are sole, plaice and turbot.

49. FISH FILLET DUGLERE 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Onions	50 g	
Tomatoes	550 g	
<u>Beurre manie</u>	50 g	
Lemon	1	
Butter	25 g	
<u>Fish stock</u>	500 ml	
Salt		
Pepper		
Parsley (chopped)		

Method

1. Blanch and skin the tomatoes, cut them in half, remove the seeds and core, then cut the flesh into small dice.
2. Finely dice the onions and cook them in a little butter, place them in a fireproof dish.
3. Soak the fillets in acidulated water for 10 minutes.
4. Fold the fillets in half.
5. Season the fillets and place them on top of the shallots. Add the diced tomatoes.
6. Barely cover with the fish stock.
7. Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
8. Remove the fish from the liquid drain on a clean cloth and place onto a warm serving dish.
9. Boil the liquor in a saucepan and thicken with the beurre manie. Add the chopped parsley.
10. Adjust the seasoning, mask the fish with the sauce and serve.

Note: Suitable fish for this recipe are cod, haddock and plaice.

50. FISH FILLETS PORTUGAISE 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Garlic	½ clove	
Cooking oil	50 ml	
<u>Tomato sauce</u>	250 ml	
Onions	25 g	
Tomatoes	200 G	
Vinegar	25 ml	
Sugar	25 g	
Salt		
Pepper		
Parsley		

Method

1. Blanch and skin the tomatoes, remove the seeds and core and cut the flesh into fine dice.
2. Peel and finely chop the onions. Peel and chop the garlic.
3. Heat the oil in a saucepan and cook the onions without colouring.

4. Add the garlic, diced tomato and tomato sauce and simmer for 10 minutes.
5. Adjust the seasoning and add the chopped parsley.
6. Arrange the fillets in a dish and pour the sauce over.
7. Cover with buttered paper, bring to the boil and cook in an oven at 200°C for 10 minutes.
8. Arrange the fillets on a warm serving dish and mask over with the sauce for service.

Note: Suitable fish for this recipe are cod, haddock and plaice.

51. FISH FILLET SUCHET 10 PORTIONS

Ingredients

Fish fillets	10	x
100 g		
Shallots	50 g	
<u>Fish stock</u>	70 ml	
Lemon	1	
White wine	125 ml	
Salt		
Pepper		
<u>Fish veloute</u>	500 ml	
Butter	100 g	
Truffle	5 g	
Carrots	15 g	
Leeks	15 g	

Method

1. Cut the truffle into julienne.
2. Clean and prepare the carrots and leeks and cut them into julienne then cook them in a little salted water. drain and refresh them in cold water.
3. Peel the shallots, cut them into fine dice, cook them in a little butter and place them in a fireproof dish.
4. Soak the fish fillets in acidulated water for ten minutes.
5. Fold the fillets in half.
6. Season the fillets and place them on top of the shallots. Barely cover with the fish stock and white wine.
7. Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
8. Remove the fish from the liquid drain on a clean cloth and keep warm.
9. Reduce the cooking liquor to an essence, add the fish veloute and the butter. Remove from the heat, do not reboil.
10. Lightly coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
11. Add the julienne garnish to the sauce and mask over the fillets for service.

Note: This recipe is suitable for fillets of plaice, sole and turbot.

52. FISH FILLETS VIN BLANC 10 PORTIONS

Ingredients

Fish fillers	10	x
100 g		
Shallots	50 g	
Lemon	1	
White wine	125 ml	
<u>Fish Stock</u>		
100 ml		
Salt		
Pepper		
<u>Fish veloute</u>	500 ml	
Butter	100 g	
<u>Meat glaze</u>	20 ml	
<u>Fleurons</u>	10	

Method

1. Peel the shallots, cut them into fine dice and cook them in a little butter then place in a fireproof dish.
2. Soak the fillets in acidulated water for 10 minutes.
3. Fold the fillets in half.
4. Season the fillets and place them on top of the shallots.
5. Barely cover with fish stock and white wine.
6. Cover with a buttered paper, bring to the boil and poach in an oven for about 5 minutes until cooked.
7. Remove the fish from the liquid, drain on a clean cloth and keep warm.
8. Reduce the cooking liquor to an essence, add the fish veloute and the butter. Remove from the heat, do not reboil.
9. Adjust the seasoning and consistency and pass through a fine strainer.
10. Lightly coat the centre of a warm serving dish with a little of the sauce. Arrange the fillets on this and mask with the remaining sauce.
11. Decorate with a thread of meat glaze and fleurons for service.

Note: This recipe is suitable for fillets of plaice, sole and turbot.

UNCLASSIFIED

53. SKATE IN BLACK BUTTER 10 PORTIONS

Ingredients

Skate (prepared)	10 x 100g
Butter	125 g
Vinegar	170 ml
Capers	50 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Place the prepared skate in a shallow pan, cover with water, add the salt and 85 ml of vinegar.
2. Bring to the boil and simmer for about 10 minutes until cooked.
3. Remove the skate from the liquid drain on a clean cloth and the place onto a warm serving dish. Sprinkle the capers over.
4. Heat the butter to a nut brown colour in a frying pan remove from the heat and add the remaining vinegar, then pour over the fish. Garnish with the chopped parsley for service.

54. POACHED SMOKED HADDOCK 10 PORTIONS

Ingredients

Smoked haddock	10 x 100 g
Milk	500 ml
Butter	50 g

Method

1. Place the haddock fillets into a shallow pan.
2. Barely cover with milk, bring to the boil and simmer for about 5 minutes until cooked, then remove from the liquid and drain on clean cloth.
3. Serve up the fillets on a warm serving dish with a knob of butter on each portion.

55. SMOKED HADDOCK MONTE CARLO 10 PORTIONS

Ingredients

Smoked haddock fillets	10 x 100 g
Tomatoes	400 g
Butter	15 g
Milk	500 ml
Beurre manie	25 g
Eggs	10
Salt	
Pepper	

Method

1. Blanch and skin the tomatoes, remove the seeds and core and cut the flesh into dice.
2. Cook the tomatoes in a little butter and add seasoning.
3. Place the haddock fillets in a shallow pan. Cover with milk, bring to the boil and simmer for about 5 minutes until cooked, then remove from the cooking liquid and drain on a clean cloth.
4. Place the fillets on a warm serving dish, keep warm.
5. Thicken the cooking liquor with the beurre manie.
6. Poach the eggs and place one on each piece of fish with a little of the tomato concasse.
7. Mask over with the sauce for service.

CRUSTACEANS (COLD)**56. DRESSED CRAB**
8 PORTIONS*Ingredients*

Crab	2 kg
Brown breadcrumbs	50 g
<u>Mayonnaise</u>	250 ml
Eggs	2
<u>Vinaigrette</u>	50 ml
Worcestershire sauce	
Salt	
Parsley (chopped)	

Method

1. If using a live crab boil it in salt water for 20 minutes then allow it to cool in the stock.
2. Remove legs and claws, crack them open and remove the flesh. This is known as the "white meat".
3. Pull off the tail, remove and dispose of the soft grey appendages.
4. Crack and remove the undershell; it will break away neatly at a natural line near the edge of the shell.
5. Scoop out all the contents of the shell. This part is called the "dark meat".
6. Wash the shell thoroughly.
7. Chop the dark meat and pass it through a sieve. Place it in a basin, add the breadcrumbs and stir in 50 ml of mayonnaise and a dash of Worcestershire sauce.
8. Place the white meat in a basin, lightly shred it with a fork, season with salt and vinaigrette.
9. Place the dark meat in the centre of the shell and arrange the white meat on either side.
10. Hard boil the eggs, cook under cold running water and remove the shell.
11. Pass the yolk and white of the egg through a sieve separately.
12. Decorate the dark meat with the sieved egg and chopped parsley.
13. Serve with the remainder of the mayonnaise separately.

57. LOBSTER MAYONNAISE
10 PORTIONS*Ingredients*

Hen lobster (cooked)	5 x 400 g
Lettuce	2 heads
Tomatoes	2
Eggs	5

Gherkins	5
Anchovy fillets	5
Capers	15 g
Stoned olives	10
<u>Mayonnaise</u>	300 ml
Salt	
Pepper	
Parsley (chopped)	

Method

1. Wash the lettuce and remove any discoloured leaves, then shred, season and place in a salad dish.
2. Remove the lobster meat, carefully remove one head with feelers attached, one tail and 10 small legs for garnishing.
3. Wash and dry the coral and pass it through a sieve.
4. Cut the meat into scallops and place on top of the lettuce, mask over with the mayonnaise.
5. Decorate the outer part of the dish with the lettuce, hard boiled egg and tomatoes, decorate the meat with anchovy strips, olives, capers and gherkin fans. Place the lobster head and tail at each end of the dish and evenly space the legs around the side of the dish.
6. Decorate with chopped parsley and lobster coral before serving.

58. LOBSTER PARISIENNE
10 PORTIONS*Ingredients*

Lobsters (cooked)	5 x 600 g
<u>Asparagus points</u>	30
Artichoke bottoms	10
<u>Russian salad</u>	200 g
Eggs	5
<u>Aspic jelly</u>	1 ltr
Shrimp butter	100 g
Cucumber	1
Shrimps	100 g
Truffle	10 g
Tomatoes	40 g
Pimentos (red)	50 g
Salt	
Pepper	
<u>Socle</u>	

Method

1. Carefully remove the tail meat and cut it into 5 mm slices. Decorate with truffle and glaze with aspic jelly.
2. Using a fine saw blade carefully cut the claws open and remove the meat. Decorate with truffle and glaze with aspic jelly then replace in the claws.
3. Remove any meat left in the upper body shell, cut it into small dice and mix it with the Russian salad. Place the mix into the artichoke bottoms, decorate with truffle and glaze with aspic jelly.
4. Replace the empty tail on the body, cavity upwards.
5. Fill the cavity with the remaining Russian salad to which has been added melted aspic jelly.
6. Cut the tail meat into thick slices and place on a wire grill with the two claws. Decorate and glaze with aspic jelly on the point of setting.
7. Place the lobster on a wedge shaped socle which has been decorated and glazed. Place on the jellied dish.
8. Place the decorated lobster meat back on the shell.
9. Garnish with cucumber boats filled with shrimp butter and decorated with:
 - a. Shrimps - small, peeled, decorated and glazed.
 - b. Tomatoes decorated and glazed.
 - c. Stuffed and glazed eggs.

- d. Points of Asparagus, bundles decorated with red pimento and glaze.
- e. Surround with croutons of jelly.

59. LOBSTER SALAD 10 PORTIONS

Ingredients

Lobsters (cooked)	5 x 600 g
Lettuce	2 heads
Tomatoes	400 g
Cucumber	200 g
Eggs	5
<u>Mayonnaise</u>	225 ml

Method

1. Hard boil the eggs and cool them in cold running water then remove the shells. Blanch and peel the tomatoes. Peel and slice the cucumber
2. Remove the claws and legs from the lobster. Crack the claws and remove the meat whole.
3. Cut the lobsters in half lengthways, remove and dispense with the intestine, gravel bag and any black matter from the tail. Put the meat from the claws into the heads of the lobsters.
4. Place on a serving dish and garnish with lettuce, peeled tomatoes, hard boiled eggs and slices of peeled cucumber.
5. Serve with a sauceboat of mayonnaise separately.

CRUSTACEANS (HOT)

60. LOBSTER AMERICAN 10 PORTIONS

Ingredients

Hen lobsters (live)	5 x 400 g
Shallots	50 g
Carrots	50 g
Garlic	1 clove
Oil	50 ml
Brandy	50 ml
White wine	50 ml
<u>Fish stock</u>	500 ml
<u>Meat glaze</u>	25 ml
Tomato puree	25 g
Bouquet garni	1 small
Tomatoes	200 g
<u>Fish veloute</u>	250 ml
Butter	100 g
<u>Pilaff of rice</u>	10 portions
Salt	
Pepper	
Parsley (chopped)	

Method

1. Place each lobster on a board and holding firmly insert a trussing needle or the point of a knife through the cross mark on the centre of the head.
2. Remove the two large claws from the body of the lobster and crack the shell across the middle; the meat will be removed when cooked.
3. Separate the body from the tail and cut the tail into four pieces across the shell.
4. Cut the body in two lengthways, remove and dispose of the gravel bag. Remove and place on one side the intestines and coral which are reserved for finishing the sauce.
5. Crush and chop the garlic, chop the shallots and dice the carrots.
6. Heat the oil in a saucepan until very hot, add the pieces of lobster and body shell and fry over a fierce heat until the flesh has stiffened and the shell is bright red in colour.

7. Add the carrots, shallots, garlic and continue to saute for a further 2 minutes, drain off all the surplus oil and flambe with the brandy.
8. Add the wine, fish stock, meat glaze, tomato puree, bouquet garni and chopped tomatoes, bring to the boil, season and skim.
9. Cover with a lid and cook over a gentle heat or in a moderate oven for 20 minutes then remove the lobster and the shells from the liquor. Remove the lobster meat from the shell, place it into a serving dish and keep hot.
10. Reboil the liquor, reduce by two thirds and add the veloute..
11. Pass the coral and intestines through a sieve and add an equal amount of butter, Whisk this mixture into the sauce and pass the whole through fine conical strainer.
12. Replace the sauce into a saucepan, reheat without boiling, place in a bain marie and whisk in the remaining butter.
13. Pour the sauce over the lobster, garnish with chopped parsley and serve with pilaff of rice separately.

61. LOBSTER CARDINAL 10 PORTIONS

Ingredients

Lobster (cooked)	5 x 600 g
<u>Americaine sauce</u>	300 ml
<u>Cheese sauce</u>	300 ml
Egg	1
Parmesan cheese	50 g
Salt	
Pepper	

Method

1. Cut the lobsters in half lengthways, remove and dispose of the gravel bags and intestines.
2. Remove the meat from the tail and cut into scallops. Remove the meat from the claws and cut into dice.
3. Bring the cheese sauce to the boil, lightly whisk the egg yolk. Remove the cheese sauce from the heat and stir in the egg yolk then add the Americaine sauce.
4. Bind the diced lobster meat with a little of the sauce and place a small amount in the bottom of each shell then arrange the scallops on top.
5. Mask over with the sauce, sprinkle with the grated parmesan cheese and glaze under a grill.

62. LOBSTER NEWBURG (1) 10 PORTIONS

Ingredients

Hen lobster (live)	5 x 600 g
Oil	125 ml
Brandy	125 ml
Marsala	225 ml
Cream	400 ml
<u>Fish stock</u>	125 ml
Butter	125 ml
Salt	
Pepper	

Method

1. Place each lobster on a board. Holding firmly insert a trussing needle or the point of a knife through the cross mark on the centre of the head.
2. Remove the two large claws from the body of the lobster and crack the shell across the middle; the meat will be removed when cooked.
3. Separate the body from the tail and cut the tail into 4 pieces across the shall.
4. Cut the body in two lengthways, remove and dispose of the gravel bag. Remove and place on one side the intestines and coral which are reserved for finishing the sauce.
5. Heat the oil in a saucepan until very hot, add the pieces of lobster and body shell and fry over a fierce heat until

the flesh has stiffened and the shell is bright red in colour.

6. Clear the pan of any oil, add the brandy and marsala. Reduce by one third, season, add the fish stock and cream, cover with a lid and simmer for 15 minutes.
7. Remove the lobster and take the meat out of the shells. Keep it hot.
8. Pass the coral and intestines through a sieve with an equal amount of butter. Whisk the coral butter into the sauce and re-heat without boiling.
9. Pass the sauce through a fine conical strainer and add the remaining butter.
10. Serve the lobster in a dish, masked with the sauce. Serve with a pilaff of rice separately.

63. LOBSTER NEWBURG (2) 10 PORTIONS

Ingredients

Lobster (cooked)	5 x 600 g
Marsala	250 ml
Cream	500 ml
Egg	2
Butter	50 g
Salt	
Pepper	

Method

1. Remove the shell from the tail, take out the meat and cut it into scallops. Remove the meat from the claws whole.
2. Heat the butter in a saucepan, add the lobster meat and seasoning and cook it to a bright red colour.
3. Add the marsala and reduce it by one third.
4. Remove from the heat and add a liaison of the cream and the egg yolks. Cook on a low heat stirring constantly until the sauce thickens then serve on a warm dish with a pilaff of rice separately.

64. LOBSTER THERMIDOR (1) 10 PORTIONS

Ingredients

Cooked lobster	5 x 600 g
Mornay sauce	400 ml
Shallots	50 g
White wine	150 ml
Fish stock	150 ml
English mustard	10 g
Parmesan cheese	50 g
Eggs	1
Cream	100 ml
Butter	25 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Peel the shallots, cut them into fine dice and cook them in a little butter. Add the white wine, fish stock and the parsley and reduce by two thirds.
2. Add the reduction to the mornay sauce and stir in the mustard.
3. Remove the claws from the lobsters, crack and remove the meat, leaving it whole. Cut the lobsters lengthways into two. Remove and dispense with the gravel bag and intestines. Remove the flesh from the tails and cut it into neat scallops. Clean the shells.
4. Cook the lobster meat in butter, mixed with a little of the sauce. Reheat the sauce, make a liaison with the egg yolk and add it to the sauce and keep hot but do not reboil.
5. Pour a little of the sauce into the lobster shells. Add the meat, placing the claw meat into the head cavity. Coat with the remaining sauce, liberally sprinkle with parmesan cheese and colour under a grill for service.

65. LOBSTER THERMIDOR (2) 10 PORTIONS

Ingredients

Cooked lobster	5 x 600g
<u>Fish glaze</u>	25 g
Parmesan cheese	50 g
<u>Fish stock</u>	125 ml
<u>White sauce</u>	400 ml
English mustard	15 g
Egg yolks	2
Salt	
Pepper	
Parsley	

Method

1. Boil together the fish stock and the fish glaze then add the white sauce and reboil for 2 minutes.
2. Dilute the mustard with a little water and add it to the sauce.
3. Remove the sauce from the heat, whisk in the yolks of eggs, adjust the seasoning and pass through a fine conical strainer.
4. Remove the claws and legs from the lobsters. Crack the claws and remove the meat whole.
5. Cut the lobsters in half lengthways, remove and dispose of the intestines and the gravel bag.
6. Remove the flesh from the tail and wash off any black from the meat.
7. Slice the meat from the claws and tail and reheat it in a little butter.
8. Wash and dry the shell.
9. Cohere the sliced lobster meat with a little of the sauce and replace it in the shell.
10. Mask with the remainder of the sauce, sprinkle with grated parmesan cheese and colour under a grill.
11. Serve on a doily-covered dish, with fresh parsley in the curve of the tail.

66. SCAMPI AMERICAINE 10 PORTIONS

Ingredients

Scampi (frozen)	1 kg
<u>Sauce Americaine</u>	500 ml
<u>Rice pilaff</u>	1 kg
Butter	60 g
Parsley	
Salt	
Pepper	

Method

1. Defrost and season the scampi.
2. Heat the butter in a saute pan and place in the scampi. Cover with a lid and cook over a low heat for 2 minutes without colouring.
4. Serve on a bed of pilaff of rice decorate with chopped parsley.

Notes:

1. Scampi are normally purchased frozen pre-packed either plain or breadcrumbed.
2. During freezing plain scampi are processed with added moisture resulting in an appreciable weight loss on defrosting.
3. Scampi are graded by size during packaging so consideration should be given to the size required for the dish to be prepared. The average portion is about 100 g at defrosted weight.

67. SCAMPI FRIED IN BATTER 10 PORTIONS

Ingredients

Scampi (frozen)	1 kg
<u>Frying batter</u>	450 ml
Flour	50 g
Lemons	2
Parsley	15 g
Salt	
Pepper	

Method

1. Defrost the scampi and pass it through seasoned flour.
2. Coat the scampi with the batter and deep fry it in oil until crisp and golden brown.
3. Drain and serve garnished with fried parsley and lemon wedges.

Note: Tartare sauce may be served with this dish.

68. SCAMPI BREADCRUMBED AND FRIED 10 PORTIONS

Ingredients

Scampi (frozen)	1 kg
Eggs	2
Flour	50 g
<u>Tartare sauce</u>	250 ml
Breadcrumbs	100 g
Lemons	2
Parsley	15 g
Salt	
Pepper	

Method

1. Defrost the scampi and separate the pieces carefully.
2. Pass through seasoned flour, egg wash and breadcrumbs.
3. Deep fry in hot oil until crisp and golden brown.
4. Drain thoroughly on absorbent paper and serve garnished with fried parsley and wedges of lemon. Serve tartare sauce separately.

69. MUSSELS MARINIÈRE STYLE 10 PORTIONS

Ingredients

Mussels in shell	5 kg
Shallots	100 g
Bay leaf	1
Butter	15 g
Lemons	2
<u>Beurre manie</u>	100 g
Parsley (chopped)	

Method

1. Thoroughly scrape and wash the mussels.
2. Peel the shallots and cut them into fine dice and cook them in butter in a saucepan.
3. Add the mussels, lemon juice, bay leaf and parsley stalks, cover with a lid and cook until all the shells have fully opened.
4. Remove the mussels from the cooking liquor, remove the beard from each mussel and replace the cooked mussel in a half shell. Arrange in an earthenware dish and keep hot.
5. Carefully strain the cooking liquor into another saucepan, reboil and thicken with the manie butter.
6. Adjust the seasoning, add the chopped parsley, pour the sauce over the mussels and serve.

Notes:

1. Care must be taken when straining the mussel liquor to ensure that any sand remains at the bottom of the first cooking utensil.
2. The addition of a little dry white wine at stage 3 will enhance the flavour of the finished dish.

70. SCALLOPS BERCY 10 PORTIONS

Ingredients

Scallops in shell	15
Lemon	1
<u>Fish stock</u>	125 ml
<u>Hollandaise sauce</u>	50 ml
Shallots	50 g
Parsley	15 g
White wine	125 ml
White wine sauce	500 ml
<u>Duchess potato</u>	500 g
Butter	
Salt	
Cayenne pepper	
Butter	25 g

Method

1. Peel the shallots and cut them into fine dice.
2. Place the scallops in a hot oven for 3 minutes. The heat will cause them to open.
3. Carefully scrape away and discard the beard which surrounds the scallops and the black intestine.
4. Using a sharp knife detach the scallops and the roes from the shells.
5. Place them in a saucepan with the chopped shallots, white wine, chopped parsley, fish stock, lemon juice and salt. Bring to the boil and poach for 10 minutes.
6. Pipe a border of duchess potatoes round the deep shell, brush with melted butter and half colour under a grill.
7. Remove the scallops from the cooking liquor and slice them in half horizontally through the tongue.
8. Reduce the cooking liquor to an essence, add the white wine sauce and the hollandaise. do not allow to reboil.
9. Place a small quantity of the sauce into prepared shells and on this place 3 halves of scallop.
10. Mask with the remainder of the sauce and glaze under a grill.

Note: Frozen scallops may be used in place of fresh.

71. SCALLOPS OSTENDAISE 10 PORTIONS

Ingredients

Scallops in shell	15
Lemon	1
<u>Fish stock</u>	125 ml
Shallots	50 g
White wine	125 ml
Butter	25 g
Shrimps	100 g
Mushrooms	50 g
Oysters	10 g
Truffle	25 g
Parsley	
<u>Nantua sauce</u>	
Salt	
Pepper	

Method

1. Peel the shallots and cut them into fine dice. dice the mushrooms.
2. Cook the oysters in their own liquor for 2 minutes.
3. Place the scallops in a hot oven for 3 minutes. The heat will cause them to open.
4. Carefully scrape away and discard the fringe or beard which surrounds the scallops and the black thread (intestine).
5. Using a sharp knife detach the scallops and the roes from the shell.

6. Place them in a saucepan with the chopped parsley, fish stock, lemon juice and salt. Bring to the boil and poach for 10 minutes.
7. Remove the scallops from the cooking liquor, slice them in half horizontally and place 3 halves of scallop into each shell with a small amount of sauce underneath.
8. Toss the shrimps and diced mushroom in butter to reheat, place the mixture onto the scallops with a poached oyster,
9. Reheat the nantua sauce, mask over each dish and garnish with a slice of truffle for service.

72. SCALLOPS PARISIENNE

10 PORTIONS

Ingredients

Scallops in shell	15
Lemon	1
Fish stock	125 ml
Shallots	50 g
Mushroom	25 g
White wine	125 ml
White wine sauce	400 ml
Truffle	15 g
Duchess potato	500 g
Butter	25 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Peel the shallots and cut them into fine dice. Slice the mushrooms and finely dice the truffle.
2. Place the scallops in a hot oven for 3 minutes. The heat will cause them to open.
3. Carefully scrape away and discard the beard which surrounds the scallops and the black intestine.
4. Using a sharp knife detach the scallops and the roes from the shell.
5. Place them in a saucepan with the chopped shallots, white wine, sliced mushrooms, chopped parsley, fish stock, lemon juice and salt. Bring to the boil and poach for 10 minutes.
6. Reduce the cooking liquor to an essence and add it to the white wine sauce. Do not reboil.
7. Add the finely diced truffle.
8. Pipe a border of duchess potato around the deep shell, brush it with the melted butter and colour under a grill.
9. Place a small quantity of sauce into the shells and on this place 3 halves of scallop.
10. Mask over the scallops and serve.

Note: Although the potato border has been coloured for presentation, the finished dish does not require glazing.

PART 2 - KITCHEN

CHAPTER EIGHT

Beef

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SAUTE

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GENERAL

1. Carving is a skill that can be quickly learned. As with most skills proficiency improves with a widening knowledge of general catering, practice and experience.

2. Skilful carving is necessary if good economy is to be effected. Correct carving enables each portion to be presented attractively whilst ensuring the fullest yield can be obtained from any particular joint.

3. A knowledge of the bone structure of each joint is important. However, for practical reasons and to facilitate economy in carving it is recommended that most joints used in military kitchens should have the bones removed and be rolled and tied before cooking. In certain instances this may not be desirable and therefore instructions on carving of joints on the bone are also included.

4. The primary rule of carving, that meat should be cut across the grain should be put into practice. the exception is when a saddle is cut in the French style along the grain.

5. It is important to understand why meat is cut across the grain. meat is composed of fibrous muscular tissues, usually running the length of adjoining bones. Carving across the grain ensure that these fibres are cut into short lengths making each slice more tender and consequently aiding mastication and digestion.

CORRECT USE OF A KNIFE

6. The first essential, is good and proper tools to do the job. The knife used should be sharp and designed for the purpose.

7. In the main, the tools that will be required for carving are as follows:

- a. **The Carving Knife:** is used for most joints.
- b. **The Butchers Steel:** is required to keep a sharp edge on the knife.
- c. **The Ham Knife:** with its long narrow flexible blade it is used for carving ham, tongue, turkey and sides of smoked salmon.
- d. **The Carving Fork:** is used with the guard raised to hold the joint whilst carving.

CONTROL OF THE KNIFE

8. This is the next step towards proficiency and once mastered, few difficulties remain. The knife must be held firmly and the cutting action should be light but definite. A saw like action should be used allowing the knife to roll slightly forwards and backwards. When carving slices of meat, the angle of the knife should not be changed once the first cut has been made, otherwise the slices will vary in thickness. A proper carving fork with a guard should be used; this is shaped to enable the carver to get a firm grip on the meat. A carving knife can easily slip on pieces of gristle or bone or the hard outside surface of a roasted joint, and the use of a carving form apart from its practical and hygienic aspects, may often be the means of preventing an injury.

CARVING PROCEDURES

9. As stated previously the most economical method of carving is achieved when the bones are removed from the joints and they are rolled and tied before cooking. However it is occasionally desirable that joints being carved in the presence of the customer should be left on the bone.

10. The following instructions offer some assistance:

BEEFa. **Fore-rib**

(1) The ribs which remain attached act as a carving board. Loosen the meat from the narrow ribs. Carve from the thick end of the joint, cutting thin slices with a light forward and backward movement of the knife. If the joint has been correctly prepared a thin slice of meat with an equal amount of fat and lean will result. This is the English style of carving. The American style is to cut a thicker slice, almost as thick as a steak allowing once slice per portion.

b. **Sirloin:**

(2) Loosen the meat from the bone and start to carve from the wing end cutting down to the bone. Remove the bone and carve the remaining meat.

LAMB

a. **Saddle of Lamb.** There are 2 styles of carving a saddle of lamb the English and the French.

The English method is to cut down either side of the back bone and across the base of the chump and release the flesh from the ribs underneath. then slice across each loin into fairly thick slices.

The French method is to cut fairly thick even slices along the length of the saddle.

b. **Leg of Lamb.** Hold the knuckle end firmly with a cloth and turn the meatiest side of the joint uppermost. Take out 2 slices about 5mm thick from the centre of the leg, cutting to the bone. Continue cutting from both sides of the first cut, gradually angling the knife to obtain longer slices. Turn the joint over, remove any unwanted fat and carve horizontal slices together with a slice of the thick bottom of the leg.

PORK

a. **Leg of Pork.** Remove the outside shell of crackling, chop it into small pieces and serve it with the meat. To carve remove a triangular section next to the knuckle end. Carve a V formation along the bone, taking a slice first from once side., then from the other. continue with the knife held at an oblique angle and cutting along the bone. Cut long thin slices from either side until all the meat has been removed.

b. **Loin of Pork.** The crackling can be left on the joint. Alternatively it can be removed in sections from the joint to make carving easier. Cut the loin at a slight angle to enlarge the slices. Carve pork thicker than beef.

c. **Head of Pork.** Detach the rib bones from the underside and the crackling from the top. Carve downward slices from each side of the bone. Slice the crackling. The joint is fatty on one side, lean on the other. Carve from both sides until the bone is reached. Then turn the joint over and carve across the grain.

GAMMON

This is carved in the same way as a leg of pork.

POULTRY AND GAME

a. **Turkey.** Cut the large drumsticks from either side of the body. Hold the knuckle end of the drumstick in one hand and slice the meat downwards following the direction of the bone. Rotate the drumstick and carve off all the meat. Next carve thin slices from the thigh bones. Cut off both wings and set them aside. Carve the white breast meat in long thin downward slices from either side of the breast bone and parallel to it.

b. **Chicken.** Allow the chicken to cool a little after removing it from the oven. Remove the legs and cut each leg in two through the joint. Trim off the knuckles at each end. Remove the winglets by cutting parallel to the breast bone but along the wing joint, cutting down through the joint. Trim off the knuckle to the wing bone. Remove the breast from the carcass and trim if necessary, then cut in two lengthways. Serve a drumstick with a wing and a thigh with a breast, thereby ensuring each customer receives a piece of white meat with a piece of dark meat.

c. **Goose.** Begin by carving the legs from the bird at the point where the thigh bones meet the body. Remove the wing joints from either side of the breast. If the goose has been stuffed from the neck end, first cut slices across the stuffing. Fairly thick slices are then taken from the breast bone along the whole length of the bird. To remove these slices, carve downwards with the knife blade held almost flat against the body of the bird.

d. **Duck.** First cut off the leg joints from either side of the body. Remove the wings on either side of the breast and detach the wishbone and meat from the neck end. Slice down through the centre of the breast meat. Holding the knife blade at an angle of 45 degrees to the breast, carve the meat in fairly thick, slightly wedge shaped slices. Make them parallel to the first cut along the breast bone.

e. **Partridge.** Young birds can be served whole or split in two through the centre of the breast.

f. **Grouse.** Split the bird in two through the centre of the breast and discard the bottom part of the carcass.

g. **Guinea Fowl.** Carve as for chicken.

h. **Wild Duck.** To carve, remove the legs which are tough and should not be served. The legs should be braised and used in a separate dish as salmis of game. Slice the breast very thinly.

i. **Pheasant.** Carve as for chicken.

FISH

a. **Salmon.** After the salmon is cooked and has been allowed to rest or get cold all the fins except the tail fin, are removed. An incision is made between the gills and around the flesh of the tail fin. The skin is then removed as is any excess of congealed blood. To carve; a full incision is made behind the gills down to the bone, further parallel cuts are made and the flesh removed down to the tail. The backbone is then lifted clear and any obvious bones removed from the flesh. The underside is then cut into portions and served without skin.

b. **Smoked Salmon.** Scotch smoked salmon has strips of fat between the meat and is considered the finest. Smoked Canadian, Norwegian and Pacific

salmon are less expensive but drier. To prepare the side for carving, the fins are removed with a sharp knife or scissors. Then a very thin layer of the smoke dried fish is removed and as many bones as possible. Those sticking out of the flesh can be removed with a pair of clean pliers or forceps. Carving commences at the tail end of the fish using a ham knife, angling the blade so that the wafer thin slices are removed.

BOILED

1. BOILED SALT BEEF WITH DUMPLINGS
10 PORTIONS*Ingredients***(a) Boiled salt beef**

Salted silverside	1.2 kg
Onions	400 g
Carrots	300 g

(b) Dumplings

Flour	250 g
Suet	75 g
Water	125 ml
Baking powder	5 g
Salt	

*Method***(a) Boiled salt beef**

1. Place the prepared salt beef into a saucepan, cover with cold water, bring to the boil and skim.
2. Peel the onions, add them whole, and simmer for 3 hours.
3. Peel the carrots, cut them into batons, add them to the pan and simmer for a further 10 minutes.
4. Add the dumplings and place them in a dish with a little of the cooking liquor to keep them moist and hot.
5. Remove the meat, strain the carrots and retain the cooking liquor.
6. Carve the silverside across the grain. Serve garnished with some of the cooking liquor, baton carrots and dumplings.

(b) Dumplings

1. Sieve together the flour, salt and baking powder. Finely chop the suet.
2. Mix the suet into the flour and make a bay.
3. Add water and mix to a dough.
4. Divide the dough into 50 equal sized pieces and mould lightly.
5. Allow to rest for 10 minutes before cooking.

Notes:

1. Cooking time; allow about 40 minutes per kg.
2. Button onions may also be used as a garnish with this dish.

BRAISED

2. BEEF OLIVES
10 PORTIONS*Ingredients*

Beef topside	1 kg
Onions	75 g
Carrots	75 g
Bouquet garni	1 small
Brown sauce	250 ml
Brown stock	250 ml
Thyme & parsley stuffing	500 g
Parsley (chopped)	

Salt
Pepper
Method

1. Select the thickest part of the topside, cut 10 slices 5mm thick across the grain and flatten with a cutlet bat. Trim off any excess meat leaving a square shape. Mince the trimmings through a fine plate and mix with the stuffing.
2. Spread 50 g of the stuffing over half of each of the prepared squares, roll up and tie at each end with string.
3. Seal in hot oil and place in a pan. Peel and roughly dice the onions and carrots, fry them for 2 minutes in hot oil and add them to the beef olives.
4. Add the brown sauce, brown stock, tomato puree, bouquet garni and seasoning. Bring to the boil, cover with a lid and simmer in the oven until tender.
5. Remove the meat from the liquid, cut off the strings and place the meat on a serving dish. Strain and reboil the liquid, adjust the consistency and seasoning, pour over the meat and garnish with chopped parsley for service.

3. BRAISED BEEF 10 PORTIONS

Ingredients

Beef	1.2 kg
Brown sauce	1 ltr
<u>Brown stock</u>	250 ml
Onions	75 g
Carrots	75 g
Bouquet garni	1 small
Tomato puree	50 g
Salt	
Pepper	

Method

1. Season the joint and fry it in hot oil.
2. Bring the brown sauce to the boil and add the brown stock and tomato puree.
3. When the joint is well coloured place it into a pan and three quarters cover with the sauce.
4. Peel the carrots and onions and cut them into large dice then shallow fry them to a golden brown in a little oil.
5. Add the vegetables and bouquet garni to the sauce.
6. Cover with a lid and cook in an oven at 180°C until the meat is tender, about 2 hours, basting occasionally.
7. Remove the joints, strain the sauce, skim off any surplus fat and adjust the seasoning.
8. Cut the joint into slices and serve masked with the sauce.

Notes:

1. Suitable cuts of meat are thick flank, topside, silverside.
2. A garnish of either glazed baton carrots or mixed vegetables may be served.

4. BRAISED STEAK 10 PORTIONS

Ingredients

Braising steaks	10 x 50 g
Carrots	50 g
Tomato puree	25 g
Bouquet garni	1 small
<u>Brown stock</u>	375 ml
<u>Brown sauce</u>	1.75 ltr
<u>Glazed button onions</u>	200 g
<u>Glazed button turnips</u>	100 g
<u>Glazed baton carrots</u>	100 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Season the steaks, shallow fry them in hot oil and place then in a pan.

2. Peel and roughly dice the onions and carrots, place them with the meat. Add the brown stock, brown sauce, tomato puree and bouquet garni.
3. Bring to the boil cover with a lid and cook at 180°C for 2 hours until tender.
4. Cook the garnish and keep it hot.
5. Place the steaks on a warm serving dish and garnish with the glazed vegetables.
6. Strain the sauce, remove any surplus fat, adjust the seasoning and consistency and pour over the steaks.
7. Garnish with the parsley before serving.

5. SAVOURY MEAT BALLS 10 PORTIONS

Ingredients

<u>Vienna steak mix</u>	1.25 kg
Oil	50 ml
<u>Piquant or Tomato sauce</u>	400 ml
<u>Savoury rice</u>	10 portions

Method

1. Mould the meat into 25 g balls and shallow fry them in hot oil for 2 minutes.
2. Cook in the sauce for about 20 minutes then serve in a warm dish with a border of savoury rice.

COLD

6. FILLET OF BEEF 10 PORTIONS

Ingredients

Fillet of beef	1.2 kg
Larding bacon	100 g
Onions	25 g
Carrots	25 g
Salt	
Pepper	

Garnish:

Aspic jelly

1.5 ltr

<u>Horseradish sauce</u>	100 ml
Carrots	400 g
Swedes	800 g
Green beans	150 g
Artichoke bottoms	4
Peas	50 g
Cauliflower	1 small
Leaf gelatine	10 g

Method

1. Trim the fillet and remove any fat or sinew.
2. Cut the bacon into thin strips 40mm x 3mm x 3mm and place in cold water.
3. Lard the fillet at intervals of 15mm with the bacon strips.
4. When the fillet is larded tie it loosely to preserve its shape whilst it cooks, season with salt and pepper.
5. Peel the carrots and onions, cut them into thick slices and place them in an even layer in the bottom of a roasting dish. Pour a little oil over the top and set in an oven 230°C for 5 minutes.
6. Place the fillet on the bed of vegetables, brush with a little oil and roast for 10 minutes then reduce to 200°C and continue to roast, basting occasionally for a further 15 minutes.
7. The fillet is cooked when pressure is applied and the meat is firm and the blood runs pink (the joint should be underdone). Allow to cool.
8. Cut off 3 slices and place them overlapping on a wire grill with the remainder of the fillet. Chill in a refrigerator.

9. Glaze with aspic jelly on the point of setting. Allow to set in the refrigerator.
10. Pour a 3mm coating of aspic jelly onto a serving dish, allow to set.
11. Arrange the meat on the dish, garnish with vegetables, horseradish dominoes and croutons of aspic jelly.

Note: Vegetables should be prepared as explained in Chapter 2 Section 4.

COMPOSITE

7. COTTAGE PIE 10 PORTIONS

Ingredients

Potatoes (prepared)	800 g
Beef (cooked)	600 g
<u>Demi glace</u>	500 ml
Breadcrumbs (white)	50 g
Margarine	25 g
Parsley (chopped)	10 g
Salt	
Pepper	

Method

1. Boil the potatoes in salted water then drain and mash them, then peel the onions, cut them into fine dice and shallow fry them in oil until tender.
2. Mince the meat through a coarse plate and add it to the onions, season with salt and pepper and fry for 2 minutes.
3. Add the chopped parsley with a little of the demi glace and bring to the boil.
4. Place in a baking dish, cover with the dry mashed potatoes, smooth over and decorate. Brush with melted margarine, sprinkle with breadcrumbs, and bake to a golden brown in a hot oven at 220°C. Heat the remaining demi glace and serve it separately.

8. DURHAM CUTLETS 10 PORTIONS

Ingredients

Potatoes (prepared)	800 g
Beef (cooked)	600 g
Onions	75 g
Parsley (chopped)	15 g
Flour	50 g
Eggs	2
Breadcrumbs (white)	125 g
<u>Piquant sauce</u>	250 ml
Salt	
Pepper	

Method

1. Boil the potatoes, drain and mash them.
2. Mince the beef through a fine plate and mix it with the potatoes.
3. Peel the onions, cut them into fine dice and add them with the chopped parsley to the meat and potatoes. Season with salt and pepper.
4. Divide into 10 cutlets.
5. Pass through flour, egg wash and breadcrumbs and deep fry in hot oil.
6. Serve on a warm dish with a piquant sauce separately.

9. BEEF HOT POT 10 PORTIONS

Ingredients

Beef	1 kg
Onions	250 g

<u>White stock</u>	625 ml
Potatoes (prepared)	1 kg
Parsley (chopped)	10 g
Margarine	25 g
Salt	
Pepper	

Method

1. Cut the beef into 25mm dice.
2. Peel and slice the onions.
3. Season the meat and mix it with the sliced onions and half of the parsley.
4. Slice the potatoes 3mm thick, wash them in cold water and use half of them to line the bottom of a baking dish or pie dish.
5. Put the meat and onions into the dish and cover with the remaining sliced potatoes.
6. Half fill the dish with stock, brush the surface of the potatoes with melted margarine bring to the boil on top of the stove and bake in an oven at 180°C for about 2½ half hours until the meat is tender.
7. Press the potatoes down occasionally to prevent them from drying out.
8. Remove from the oven, skim off any surplus fat and serve garnished with chopped parsley.

10. MEAT LOAF 10 PORTIONS

Ingredients

Beef	1 kg
Carrots	150 kg
Onions	75 g
White breadcrumbs	200 g
Egg	1
Sage	
<u>Jus lie</u>	250 ml
Salt	
Pepper	

Method

1. Peel the onions, cut them into fine dice and shallow fry them in oil until tender then drain and allow them to cool.
2. Peel the carrots and boil them whole in salted water until tender then drain and allow them to cool.
3. Mince the meat through a coarse plate.
4. Mix together the meat, vegetables, seasoning and ¾ of the breadcrumbs.
5. Pass through a fine mincer.
6. Form into a roll 80mm in diameter and coat this with the remaining breadcrumbs.
7. Place on a greased baking tray, baste with a little oil and cook in an oven at 180°C for 1½ hours.
8. Remove from the oven and allow to stand for 10 minutes. Slice the meat loaf and serve with jus lie separately.

11. BEEF RISSOLES 10 PORTIONS

Ingredients

Beef (cooked)	600 g
<u>Brown sauce</u>	250 ml
White breadcrumbs	200 g
Onions	100 g
Parsley (chopped)	10 g
Flour	50 g
Eggs	2
Milk	125 ml
Breadcrumbs	100 g
Salt	
Pepper	

Method

1. Peel and roughly chop the onions and shallow fry them with the minced beef in a little oil.
2. Add the brown sauce and simmer for 3 minutes.
3. Add half the breadcrumbs and the seasoning and parsley. Mix thoroughly and allow to cool.
4. Divide into 10 portions and mould to a cylindrical shape using a sprinkling of flour.
5. Pass through egg wash and breadcrumbs and shallow fry in oil and serve with a variety of piquant sauces.

12. SAVOURY PANCAKES

10 PORTIONS

Ingredients

<u>Savoury mince</u>	1 kg
<u>Pancake mix</u>	500 ml
<u>Cheese sauce</u>	500 ml

Method

1. Make 10 pancakes using a 25 cm diameter frying pan.
2. Spread the savoury mince equally over the pancakes and roll them up.
3. Place them on a serving tray, mask over with the cheese sauce and gratinate under a grill or in a hot oven

13. VIENNA STEAK

10 PORTIONS

Ingredients

Beef	1 kg
Onions	100 g
Egg	1
Breadcrumbs	150 g
Bread	200 g
Parsley (chopped)	
Salt	
Pepper	
Mixed herbs	pinch

Method

1. Cut the beef into fine dice.
2. Peel the onions, cut them into fine dice and shallow fry them in a little oil until tender.
3. Remove the crust from the bread and soak it in water then squeeze out as much of the moisture as possible.
4. Mix the meat, bread, mixed herbs, chopped parsley and seasoning together. Mince through a fine plate and then bind with the egg.
5. Divide into 10 equal portions, mould each into a medallion shape and coat with the breadcrumbs.
6. Shallow fry on both sides to a golden colour then complete the cooking in an oven at 200°C for 10 minutes.

CURRY

14. CURRIED BEEF

10 PORTIONS

Ingredients

Beef	1.2 g
Onions	300 g
Garlic	1 clove
Curry powder	50 g
Tomato puree	25 g
<u>Brown stock</u>	625 ml
Apples	75 g
Chutney	50 g
Desiccated coconut	25 g
Bouquet garni	1 small
Salt	
<u>Plain boiled patna rice</u>	10 portions

Method

1. Cut the beef into 20 mm dice. Peel the onion and cut into dice, crush and chop the garlic.
2. Fry the beef in a little oil in a saucepan to seal then add the onion and garlic and cook for a further 2 minutes. Add the curry powder and tomato puree and continue to cook for 3 more minutes then gradually add the stock.
3. While the stock is coming to the boil peel and roughly dice the apples then add these with the chutney, coconut, salt and bouquet garni to the pan and simmer for 2 hours until the meat is tender.
4. Remove any excess fat, adjust the seasoning and consistency and serve with a border of plain boiled rice.

Note: This dish is served with a variety of side dishes (sambols) for example: poppadums, desiccated coconut, mango chutney, sultanas, diced cucumber, fried onion rings, sliced bananas and peanuts.

FRIED

15. BEEFBURGERS

10 PORTIONS

Ingredients

Lean beef	600 g
Onions	50 g
Breadcrumbs or rusk	125 g
Egg	1
Cold water	25 ml

Method

1. Mince the beef through a fine plate. Peel and roughly chop the onions and cook them in hot oil without colouring. Allow to cool.
2. Add the onions and other ingredients to the meat, season, mix thoroughly, divide into 10 equal portions and mould into medallion shapes.
3. Grill or shallow fry in hot oil reducing the heat after colouring.
4. Serve in a toasted bap, garnish with pickle or fried onions.

16. STEAK BEARNAISE

10 PORTIONS

Ingredients

Steak	10
Watercress	1 bunch
<u>Bearnaise sauce</u>	250 ml
Salt	
Pepper	

Method

1. Season the steaks and fry or grill them on both sides.
2. Serve on a warm dish, garnished with watercress and serve the bearnaise sauce separately.

Note: This method is suitable for fillet tournedos, sirloin entrecote and rump steaks.

17. STEAK BERCY

10 PORTIONS

Ingredients

Steaks	10 x 150 g
White wine	125 ml
<u>Demi-glaze</u>	250 ml
Shallots	50 g
Butter	125 g
Parsley (chopped)	

Salt
Pepper

Method

1. Peel and roughly dice the shallots.
2. Season and grill or fry the steaks, place into a warm serving dish and keep hot.
3. Cook the shallots in oil without colouring. Add the white wine and reduce by half.
4. Add the demi-glace, bring to the boil, remove from the heat and gradually add the butter. Adjust the seasoning.
5. Pour over the steaks. Garnish with chopped parsley and serve.

Note: This method is suitable for fillet tournados, sirloin entrecote, and rump steaks.

18. STEAK BORDELAISE 10 PORTIONS

Ingredients

Steak	10 x 150 g
Shallots	50 g
Red wine	250 ml
<u>Demi glaze</u>	350 ml
Beef marrow	100 g
Beef marrow	10 x slices
Oil	25 ml
Lemon	1
Butter	25 g
Parsley	
Salt	
Pepper	

Method

1. Peel and roughly dice the shallots.
2. Dice the marrow retain the ten slices for garnish.
3. Season and grill or fry the steaks, place them on a warm serving dish and keep hot.
4. Shallow fry the shallots until lightly coloured.
5. Pour in the wine and reduce to one third. Add the demi-glace, reboil and pass through a strainer.
6. Gradually add in the diced marrow, do not reboil.
7. Adjust the seasoning and add a squeeze of lemon juice.
8. Poach the slices of marrow in salt water.
9. Mask the steaks with the sauce and place a slice of marrow on each.
10. Place a pinch of chopped parsley on each slice of marrow and serve.

Note: This method is suitable for fillet tournados, sirloin entrecote and rump steaks.

19. STEAK CHASSEUR 10 PORTIONS

Ingredients

Steaks	10 x 150 g
Shallots	50 g
White wine	125 ml
Tarragon	pinch
Butter	100 g
Cooking oil	50 ml
Mushrooms	100 g
Tomatoes	100 g
<u>Demi-glace</u>	250 ml
Parsley (chopped)	
Salt	

Method

1. Blanch and skin the tomatoes and remove the seeds. Cut the flesh into dice.

2. Season and grill or fry the steaks, place them on a warm serving dish and keep hot.
3. Peel and dice the shallots and shallow fry them in a little oil until nearly cooked then slice the mushrooms and add them to the shallots and fry for a further 3 minutes.
4. Pour in the white wine and bring to the boil.
5. Add the tomatoes, demi-glace and the tarragon and simmer for a few moments.
6. Adjust the seasoning, pour the sauce over the steaks, garnish with chopped parsley and serve.

Note: This method is suitable for fillet tournados, sirloin entrecote and rump steaks.

20. STEAK PORTUGAISE 10 PORTIONS

Ingredients

Steaks	10 x 150 g
Cooking oil	25 ml
<u>Stuffed tomatoes</u>	10
<u>Jus Lie</u>	50 ml
<u>Parisienne potatoes</u>	500 g
<u>Bearnaise sauce</u>	125 ml
Salt	
pepper	
Parsley (chopped)	

Method

1. Season and grill or fry the steaks and place them on a warm serving dish. Mask the steaks with sufficient jus lie to lightly cover the dish.
2. Place a teaspoonful of bearnaise sauce on each steak.
3. Garnish the dish with stuffed tomatoes and Parisienne potatoes.
4. Sprinkle chopped parsley on the garnish and serve.

Note: This method is suitable for fillet (tournados) sirloin (entrecote) and rump steaks.

21. FRIED STEAK WITH ONIONS 10 PORTIONS

Ingredients

Steaks	10 x 150 g
Onions	800 g
<u>Jus Lie</u>	50 ml
Salt	
Pepper	
Parsley (chopped)	

Method

1. Season the steaks.
2. Peel and slice the onions and shallow fry them until tender and lightly coloured.
3. Fry the steaks on both sides in a little oil.
4. Arrange the steaks on a warm serving dish with the onions as garnish and a little jus lie around.
5. Sprinkle the onions with chopped parsley before serving.

Note: This method is suitable for sirloin and rump steaks.

GRILLED

22. GRILLED STEAK VERT PRE 10 PORTIONS

Ingredients

Steaks	10 x 150 g
<u>Straw potatoes</u>	10 portions
Watercress	1 bunch
<u>Parsley butter</u>	150 g

Salt
Pepper

Method

1. Brush the steaks with oil and season on both sides.
2. Cook under a grill, arrange on a warm serving dish and garnish with slices of parsley butter, watercress and straw potatoes.

Note: Suitable for sirloin and rump steaks.

23. MINUTE STEAK 10 PORTIONS

Ingredients

Sirloin steaks 10 x 150 g
Salt
Pepper

Method

1. Cut the steaks 15mm thick from a prepared sirloin. Trim off any gristle or fat and flatten with a cutlet bat.
2. Brush with oil, season and cook for about half a minute on each side under a very hot grill.
3. Arrange the steaks on a warm serving dish and serve with any garnish suitable for sirloin steaks.

ORIENTAL

24. BEEF WITH PEPPERS AND DRIED MUSHROOMS 10 PORTIONS

Ingredients

Fillet of beef 1.2 kg
Dried mushrooms 100 g
Onions 300 g
Green peppers 150 g
Red peppers 150 g
Red chillies 4
Spring onions 100 g
Garlic 2
cloves
Light soy sauce 15 ml
Oil 25 ml
Salt
Sugar 5 g
Cornflour 5 g

Method

1. Soak the mushrooms in warm water for 20 minutes drain, squeeze dry and cut into 3 mm slices.
2. Cut the meat into thin slices discarding any excess fat. Place the meat in a bowl.
3. Marinade with the light soy sauce, 25 ml of oil, sugar and cornflour for 15 minutes then drain and save the marinade.
4. Peel the onions and cut them into small dice, remove the seeds from the peppers and chillies and slice them into strips. Cut the spring onions into 25mm sections and crush the garlic.
5. Shallow fry the garlic and the beef slices until the meat is sealed. Add the onions, peppers, chillies, spring onions and mushrooms and stir fry for 3 minutes.
6. Add the marinade, bring to the boil, adjust the seasoning and serve immediately.

25. FILLET OF BEEF WITH BEAN SPROUTS 10 PORTIONS

Ingredients

Fillet of beef 1.2 kg
Bean sprouts 400 g
Fresh chillies 2
White of leek 100 g

Shallots 125 g
Garlic 2
cloves
Salt
Sugar 5 g
Rice wine 15 ml
Oyster sauce 25 ml
Cornflour 15 g
Light soy sauce 15 ml
Sesame oil 15 ml

Method

1. Cut the fillet of beef into thin strips and marinade in the light soy sauce, wine, sesame oil, sugar and cornflour for 2 hours.
2. Wash the chillies, remove the seeds and cut the flesh into julienne.
3. Wash and peel the leeks and shallots, cut them into julienne and crush the garlic.
4. Shallow fry half the shallots and bean sprouts. Remove and keep warm.
5. Stir fry the remaining shallots and garlic, add the beef and the marinade and simmer for 5 minutes. Add the remaining bean sprouts, shallots, the oyster sauce, chillies and seasoning and serve immediately.

26. STIR FRIED BEEF IN BLACK BEAN SAUCE 10 PORTIONS

Ingredients

Beef rump 1.2 kg
Red chillies 2
Preserved black bean 25 g
Onion 100 g
Garlic 2 clove
Ginger 25 g
Spring onions 150 g
Rice wine 20 ml
Dark soy sauce 10 ml
Cornflour 5 g
Light soy sauce 10 ml
Sugar 5 g
Oil
Salt

Method

1. Cut the meat into thin slices 25 mm long removing any surplus fat. Place the meat in a bowl and marinade with light soy sauce, cornflour, sugar and oil.
2. Remove the seeds from the chillies and cut the flesh into 5 mm slices. Crush the black bean to a paste.
3. Crush the garlic and ginger. Cut the spring onions into 25 mm sections and peel and dice the onion.
4. Shallow fry the garlic, onion and ginger, fry for one minute in a little oil, add the beef with the marinade and cook for a further 5 minutes. Remove and keep warm.
5. Cook the chillies, spring onions, black bean paste, rice wine and dark soy sauce together for one minute, add the beef and stir fry for a further minute. Transfer to a warm dish and serve.

27. STIR FRIED BEEF WITH CELERY 10 PORTIONS

Ingredients

Beef rump 1.2 kg
Celery 400 g
Carrot 100 g
Ginger root 100 g
Shallots 100 g

Garlic	2
cloves	
Rice wine	10 ml
Beef stock	
20 ml	
Light soy sauce	5 ml
Sugar	5 g
Cornflour	25 g
Sesame oil	10 ml
Pepper	pinch
Salt	

Method

1. Cut the beef into thin slices and marinade it with the light soy sauce, sugar, cornflour, rice wine, pepper and water.
2. Wash and trim the celery and cut it into 25 mm sections. Peel and slice the carrots. Blanch the celery and carrots in salted boiling water for one minute. Refresh and drain.
3. Crush the ginger and garlic and peel and slice the shallots.
4. Shallow fry the ginger, shallots and garlic in a little oil for 2 minutes then add the celery, carrots and seasoning and stir fry for a further 2 minutes. Add the beef, the marinade and the stock; thicken the sauce, if necessary, with cornflour adjust the seasoning and serve in a warm dish.

28. STIR FRIED BEEF WITH EGG FU YUNG

10 PORTIONS

Ingredients

Beef rump	1.2 kg
Eggs	10
Spring onions	200 g
Light soy sauce	25 ml
Sugar	15 g
Cornflour	15 g
Oil	25 ml
Salt	

Method

1. Cut the meat into thin slices removing any surplus fat and marinade it in a bowl with the light soy sauce, cornflour, sugar and oil.
2. Finely chop the spring onions. Whisk the eggs in a bowl.
3. Shallow fry the beef with the marinade in a little oil for 5 minutes. Add the eggs and spring onions and stir fry over medium heat until the eggs are scrambled and slightly set. Transfer to a warm dish and serve immediately.

29. STIR FRIED BEEF WITH GREEN BEANS

10 PORTIONS

Ingredients

Beef rump	1.2 kg
Green beans	600 g
Spring onions	50 g
Ginger	5 g
Garlic	2 cloves
Salt	
Sugar	5 g
Light soy sauce	5 ml
Cornflour	5 g
Oyster sauce	25 ml
Oil	15 ml

Method

1. Cut the meat into thin slices 25 mm long removing any surplus fat. Place the meat in a bowl and marinade with light soy sauce, cornflour, sugar and oil for 30 minutes then drain and save the marinade.
2. Cut the green beans and the spring onions into 25 mm lengths. Crush the garlic and the ginger.
3. Shallow fry the ginger, garlic and beef for 5 minutes, transfer to a warm serving dish and keep hot.
4. Shallow fry the green beans for 5 minutes. Add the cooked beef, spring onions, oyster sauce and marinade. Adjust the seasoning bring to the boil transfer to a warm dish and serve immediately.

30. STIR FRIED BEEF WITH GREEN SPRING ONIONS

10 PORTIONS

Ingredients

Beef rump	1.2 kg
Spring onions	200 g
Garlic	4 cloves
Ginger root	50 g
Rice wine	5 ml
Light soy sauce	15 ml
Cornflour	15 g
Oyster sauce	15 ml
Sugar	5 g
Sesame oil	5 ml
Cooking oil	5 ml
Black Pepper	

Method

1. Cut the meat into thin slices 25 mm x 5 mm removing any surplus fat.
2. Marinade the meat with the soy sauce, sugar, cornflour, cooking oil and black pepper for 30 minutes then drain and save the marinade.
3. Cut the spring onions into 25 mm sections reserving a little for garnish. Cut the ginger into slices and crush the garlic.
4. Shallow fry the ginger, the crushed garlic and the beef in a little oil for 3 minutes then add the rice wine, oyster sauce, spring onions and sesame oil, and cook for a further minute. Add the marinade and bring to the boil. Garnish with a little of the spring onion cut into julienne and serve.

31. STIR FRIED BEEF WITH OYSTER SAUCE

10 PORTIONS

Ingredients

Beef rump	1.2 kg
Onions	300 g
Capsicums	150 g
Chillies	2
Shallots	100 g
Ginger root	40 g
Garlic	2 cloves
Fresh coriander	25 g
Oyster sauce	10 ml
Sugar	5 g
Light soy sauce	10 ml
<u>Beef stock</u>	
20 ml	
Oil	10 ml
Cornflour	5 g
Salt	

Method

1. Cut the meat into thin slices 25 mm long removing any surplus fat. marinade in the soy sauce, stock, sugar, oil and seasoning for 30 minutes then drain.

- Peel the onions and cut them into 5 mm dice and peel the shallots and cut them in half. Remove the seeds from the capsicums and the chillies and cut the flesh into 5 mm dice. Crush the garlic and slice the ginger.
- Shallow fry the beef in a little oil until cooked, remove and keep warm.
- Shallow fry together the shallots, onions, capsicums, chillies, ginger and garlic.
- Add the wine, oyster sauce, the beef and seasoning. Bring to the boil, simmer for one minute then thicken with the cornflour. Serve garnished with coriander.

32. STIR FRIED BEEF WITH PINEAPPLE 10 PORTIONS

Ingredients

Beef rump	1.2 kg
Pineapple (tinned)	300 g
Green peppers	150 g
Carrot	100 g
Ginger root	100 g
Spring onions	75 g
Light soy sauce	15 ml
Sugar	5 g
Cornflour	5 g
Sesame oil	15 ml
Salt	

Method

- Cut the meat into thin strips 25 mm long removing any surplus fat.
- Place it into a bowl and marinade with light soy sauce, cornflour, sugar, oil and seasoning for 30 minutes.
- Drain and save the marinade.
- Remove the seeds from the green peppers and cut the flesh into 5 mm slices.
- Peel and cut the pineapple into 15 mm chunks. Cut the spring onions into 25 mm lengths reserving a little for the garnish.
- Peel and slice the carrots, slice the ginger.
- Shallow fry the green peppers, carrots, ginger and pineapple chunks, for 3 minutes then add the spring onions, the beef, the sesame oil and the marinade.
- Bring to the boil and serve garnished with julienne of spring onions.

PASTRY COVERED

33. FILLET OF BEEF EN CROUTE 10 PORTIONS

Ingredients

Fillet of beef	2 kg
Mushrooms	250 g
Liver pate	400 g
Puff pastry	1 kg
Butter	50 g
Egg	1
Salt	
Pepper	
Madeira sauce	500 ml

Method

- Trim the fillet and remove any surplus fat and sinew.
- Season the fillet and fry it in hot butter to seal them, allow them to cool.
- Slice the mushrooms saute them in butter and allow to cool.
- Roll out the pastry into a rectangle 3 mm thick and large enough to envelop the joint completely.

- Spread the pate in the centre to fit the fillet then place the fillet on the pate and coat it with the sliced mushrooms.
- Wrap the fillet neatly in the pastry, prick lightly with a fork and brush with egg wash.
- Bake in a hot oven 220°C for 40 minutes.
- Slice into portions and serve the Madeira sauce separately.

34. FILLET OF BEEF WELLINGTON 10 PORTIONS

Ingredients

Fillet of beef	1.2 kg
Duxelle stuffing	300 g
Pate de foie gras	400 g
Puff pastry	1 kg
Madeira sauce	500 ml
Egg	1
Butter	50 g
Salt	
Pepper	

Method

- Trim the fillet and remove any surplus fat and sinew.
- Season the fillet and fry it in hot butter to seal then allow it to cool.
- Roll out the puff pastry into a rectangle 3 mm thick and large enough to envelop the joint completely.
- Spread the duxelle in the centre to fit the fillet.
- Place the fillet on the duxelle and spread the pate de foie gras on top of the fillet.
- Wrap the fillet neatly in the pastry and prick lightly with a fork, brush with egg yolk.
- Bake in an oven at 200°C for 40 minutes.
- Slice into portions and serve Madeira sauce separately.

35. MINCED BEEF AND ONION PIE 10 PORTIONS

Ingredients

Beef	500 g
Brown sauce	300 ml
Onions	100 g
Short pastry	600 g
Egg	1
Salt	
Pepper	

Method

- Mince the beef through a coarse plate.
- Peel and cut the onions into fine dice.
- Shallow fry the meat and onions in a saucepan, stirring occasionally.
- Add the brown sauce and seasoning and bring to the boil. Simmer for one hour in an oven at 180°C.
- Adjust the seasoning and consistency and remove any surplus fat. Allow to cool.
- Roll out ¾ of the short pastry to a thickness of 3 mm and line a greased pie mould.
- Put in the meat filling.
- Cover with the remaining pastry. Seal and crimp the edges.
- Egg wash and bake in an oven at 200°C for 35 minutes.

36. STEAK AND KIDNEY PIE 10 PORTIONS

Ingredients

Beef	800 g
Kidney	300 g
Onions	150 g
Parsley (chopped)	10 g
Brown stock	400 ml

Short pastry

500 g

Method

1. Cut the beef and kidney into 15 mm dice removing any excess fat.
2. Peel and dice the onions.
3. Place the meat and onions into a pan, add seasoning and cover with the stock.
4. Bring to the boil, simmer for 1½ hours until the beef is tender.
5. Remove from the heat, add the chopped parsley and allow to cool then place in a pie dish.
6. Cover with the short pastry, rolled out to a thickness of 3 mm.
7. Bake in an oven at 200°C until the pastry is cooked and coloured.

37. STEAK AND KIDNEY PUDDING
 8 PORTIONS
Ingredients

Beef	800 g
Onions	100g
Kidney	300 g
Water	500 ml
Worcester sauce	
<u>Suet paste</u>	500 g
Margarine	25 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Grease 2 pudding basins with the margarine and line them with suet paste retaining about one third of the paste from which to make the covers.
2. Cut the beef and kidney into 15 mm dice removing any excess fat. Place the meats into a basin.
3. Peel and roughly dice the onions.
4. Add the onions, chopped parsley and seasoning to the meat, barely cover with cold water and allow to stand for 15 minutes then divide equally between the 2 pudding basins.
5. Roll out the remaining paste for covers, damping the edges of the paste with a little water to ensure a good seal.
6. Crimp the edges, cover with greaseproof paper and cook in a steamer for 4 hours.

38. STEAK AND MUSHROOM PIE
 8 PORTIONS
Ingredients

Beef	1 kg
Mushroom	125 g
Onions	150 g
Parsley (chopped)	10 g
<u>Brown stock</u>	400 ml
<u>Short pastry</u>	500 g
Egg	1
Salt	
Pepper	

Method

1. Cut the meat into 15 mm dice removing any excess fat.
2. Peel and dice the onions and put them together with the meat and seasoning into a saucepan.
3. Simmer for about 1½ hours until the beef is tender.
4. Remove from the heat, add the chopped parsley and allow to cool.
5. Place in a pie dish.
6. Cover with the short pastry rolled out to a thickness of 3 mm, decorate the top and brush with egg wash.

7. Bake in over at 200°C, until the pastry is cooked and coloured.

39. STEAK AND VEGETABLE PIE
 8 PORTIONS
Ingredients

Beef	800 g
Parsley	10 g
Onions	150 g
<u>White stock</u>	400 ml
Carrots	200 g
Potatoes (prepared)	200 g
<u>Short pastry</u>	500 g
Salt	
Pepper	

Method

1. Cut the meat into 15 mm dice removing any excess fat. Peel and dice the carrots and potatoes, peel and shred the onions.
2. Place the meat, onions, stock, carrots and seasoning into a saucepan, bring to the boil, skim, cover with a lid and simmer for 1½ hours.
3. Add the potatoes and parsley and place in a pie dish. Allow to cool.
4. Cover with short pastry rolled out to a thickness of 3 mm, decorate the top, brush with egg wash and cook in an oven at 200° one hour.

40. FILLET OF BEEF
 10 PORTIONS
Ingredients

Fillet of beef	1.2 kg
Larding bacon	100 g
Onions	50 g
Carrots	50 g
Salt	
Pepper	
<u>Jus lie</u>	250 ml

Method

1. Trim the fillet removing any excess fat and sinew.
2. Peel the carrots and onions, cut them into slices and place them in an even layer in the bottom of a roasting dish.
3. Cut the bacon into thin strips 40 mm x 3 mm and place in cold water.
4. Lard the fillet at intervals of 15 mm with the bacon strips and tie loosely to preserve its shape while it cooks. Place it on the bed of onions and carrots, brush with a little oil and cook for ten minutes in an oven at 200°C.
5. Reduce the heat to 180°C and continue to roast, basting occasionally.
6. The fillet is cooked when the meat is firm and the blood runs pink (the joint should be underdone).
7. Remove the fillet from the oven and keep warm.
8. Cut off the strings and carve the fillet into thick slices. Arrange on a warm serving dish with garnish and will jus lie around.

Note: Appropriate garnishes are:

Bouquetiere - Turned olive shaped carrots and turnips cooked as for buttered carrots, small florets of cooked cauliflower coated with hollandaise sauce, buttered peas served in artichoke bottoms or tartlet cases, bundles of green beans and chateau potatoes.

Dewberry - Small florets of cooked cauliflower coated with mornay sauce and glazed and small chateau potatoes.

Fleuriste - Buttered peas, small chateau potatoes and tomatoes stuffed with diced mixed vegetables.

Judic - Stuffed tomatoes, braised lettuce set on a crouton and chateau potatoes.

Nicoise - Small peeled or moulded tomatoes poached in butter, green beans and small chateau potatoes.

St Omer - Stuffed tomatoes braised celery hearts and duchess potatoes.

41. ROAST BEEF AND YORKSHIRE PUDDING 30 PORTIONS

Ingredients

(a) Roast beef

Joint of roasting beef	1.2 kg
Salt	
Roast gravy	750 ml

(b) Yorkshire pudding

Flour	150 g
Milk/water	450 ml
Eggs	2
Salt	

Method

(a) Roast beef

1. Prepare the joint for roasting
2. Place in a roasting dish.
3. Baste with the oil and put into a hot oven at 200°C.
4. After fifteen minutes reduce the heat to 180°C and roast basting at intervals.
5. When cooked remove from the oven and keep warm; allow to rest for 15 minutes before carving.
6. Serve with roast gravy.

(b) Yorkshire pudding

1. Sieve the flour and salt into a basin, make a bay.
2. Whisk together the egg and milk/water and gradually add it to the flour to make a smooth batter.
3. Heat a little oil in individual pie moulds on a tray in the oven, then pour in sufficient batter to one third fill each mould.
4. Cook in an oven at 200°C for 30 minutes to a golden brown.

42. SIRLOIN OF BEEF 10 PORTIONS

Ingredients

Boneless sirloin	1.2 kg
Larding bacon	50 g
<u>Brown stock</u>	300 ml
<u>Jus lie</u>	200 ml

Method

1. Remove the gristle from the sirloin
2. Lard the area from which the gristle has been removed.
3. Place the joint in a roasting dish.
4. Baste with oil and put into a hot oven at 200°C for 15 minutes then reduce the heat to 180°C and baste at intervals until the joint is cooked.
5. Remove the joint from the oven transfer to a serving dish and keep warm, allow it to rest for 15 minutes before carving.
6. Pour off the excess fat from the roasting dish and add the brown stock to the remaining residue.
7. Bring to the boil strain and skim, add the jus lie and adjust the seasoning.
8. Carve the sirloin and serve with a garnish.

9. Pour a little of the sauce over the meat and serve the remainder separately.

Note: Appropriate garnishes are:

Bruxelloise - Braised endives set on croutons, brussel sprouts tossed in butter and chateau potatoes.

Judic - Braised lettuce set on croutons, small stuffed tomatoes and chateau potatoes.

SAUTE

43. BEEF STROGANOFF 10 PORTIONS

Ingredients

Fillet of beef	1.2 kg
Onions	100 g
Butter	50 g
<u>Demi glace</u>	125 ml
Sour cream	125 ml
Lemon	1
English mustard	5 g
Salt	
Pepper	

Method

1. Cut the fillet into 8 mm thick strips 40 mm long. Peel the onions and cut into fine dice.
2. Cook the onion until tender in a little of the butter then add the demi glace and heat to simmering point.
3. Season the meat and saute it in the butter ensuring the meat remains pink in the centre then drain and keep warm.
4. Mix the sour cream with the cooking residue and then pour in the demi-glace and onions.
5. Make a paste with juice of the lemon and the mustard and add it to the sauce.
6. Toss the meat in the sauce and serve immediately in a warm dish. Do not reboil

Note This dish can be accompanied by either noodles or pilaff of rice.

STEW

44. BEEF BOURGUIGNONNE 10 PORTIONS

Ingredients

Beef	1.2 kg
Lean bacon	175 g
Flour	50 g
Onions	100 g
Red wine	500 ml
<u>Brown stock</u>	500 ml
Bouquet garni	1 small
Mushrooms	350 g
Tomato puree	50 ml
Garlic	2
cloves	
Salt	
Pepper	

Method

1. Cut the meat into 25 mm dice. Peel and slice the onions. Cut the bacon into lardons and crush the garlic.
3. Shallow fry the meat in hot oil in a saucepan to seal it then add the onions, lardons of bacon., garlic, and flour and cook for 3 minutes.
3. Add the tomato puree, wine, stock, bouquet garni and seasoning. Bring to the boil, cover with a lid and braise in an oven at 180°C for about 1¾ hours.

4. Cut the mushrooms into quarters, add them to the meat and cook for a further 15 minutes.
5. Remove any excess fat, adjust the seasoning and consistency and serve.

45. BROWN STEW 10 PORTIONS

Ingredients

Beef	1 kg
Oil	50 ml
Onions	200 g
Carrots	300 g
Flour	50 g
<u>Brown stock</u>	1 ltr
Bouquet garni	1 small
Tomato puree	50 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the beef into 20 mm dice.
2. Peel and dice the carrots and onions.
3. Season and shallow fry the meat in a saucepan to seal it, then add the onions and carrots and fry for a further 2 minutes.
4. Dust with the flour and colour it in the oven for about 10 minutes.
5. Remove from the oven and stir in the tomato puree.
6. Cover with brown stock, bring to the boil, skim and add the bouquet garni.
7. Cover with a lid and cook in an oven at 180 °C for 2 hours until the meat is tender.
8. Remove from the oven, discard the bouquet garni, skim off any surplus fat, adjust the seasoning and consistency and serve garnished with chopped parsley.

Note: Dumplings may be served with this dish. They should be cooked separately and added to the stew before serving.

46. CARBONNADE OF BEEF 10 PORTIONS

Ingredients

Beef topside	1.2 kg
Onions	400 g
<u>Brown sauce</u>	500 ml
Brown beer	500 ml
Sugar	15 g
Bouquet garni	1 small
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the meat into thin slices. Peel and slice the onions.
2. Season and shall fry the meat to seal it. In a separate pan fry the onions until they are tender.
3. Place the slices of beef and the onions in alternate layers into a saucepan and add the bouquet garni.
4. Pour off any excess fat from the pan used to seal the beef and add the beer and the brown sauce to the residue.
5. Season, add the sugar and bring to the boil.
6. Pour this sauce over the beef and onions. Cover with a lid and cook in an oven at 180°C for 2 hours.
7. Adjust the seasoning and consistency remove any surplus fat, transfer to a warm dish and garnish with chopped parsley for service.

47. CHILLI CON CARNE 10 PORTIONS

Ingredients

Minced beef	1 kg
Onions	200g
Garlic	2 cloves
Sugar	25 g
Tomatoes (tinned)	400 g
<u>Brown stock</u>	250 ml
Tomato puree	50 ml
Red kidney beans (tinned)	800 g
<u>Plain boiled rice</u>	10 portions
Chilli powder	15 g
Salt	

Method

1. Mince the beef through a medium plate. Peel and slice the onions. Crush the garlic.
2. Shallow fry the onions and garlic in a little oil until golden brown then the meat and fry for a further 2 minutes.
3. Add chilli powder and salt, the tomato puree, the tinned tomatoes including the liquid and the sugar.
4. Pour in the stock bring to the boil and simmer for one hour.
5. Add the kidney beans and cook for a further 10 minutes, adjust the consistency and seasoning.
6. Transfer to a warm dish and serve with a border of plain boiled rice.

48. BEEF GOULASH 10 PORTIONS

Ingredients

Beef	1 kg
Oil	50 ml
Onions	200 g
Garlic	1 clove
Flour	25 g
Paprika	25 g
Tomato puree	25 ml
Salt	
Pepper	
<u>Brown stock</u>	625 ml
Potatoes (prepared)	10
Tomatoes	200 g
Parsley (chopped)	

Method

1. Cut the meat into 20 mm dice. Peel and dice the onions. Crush the garlic.
2. Blanch and skin the tomatoes, remove the seeds and cut the flesh into quarters.
3. Trim the potatoes to a barrel shape.
4. Season the meat and shallow fry it in hot oil then add the onions and garlic and cook for 4 minutes.
5. Add the flour, paprika and salt and cook for a further 3 minutes.
6. Add the tomato puree, tomato quarters and the stock, bring to the boil, skim and simmer, either on top of the stove or in the oven for 1½ hours at 180°C.
7. Add the turned potatoes and continue to simmer until they are cooked and the meat is tender. Skim, adjust the seasoning and consistency transfer to a warm dish and serve garnished with chopped parsley.

49. SAVOURY MINCE 10 PORTIONS

Ingredients

Beef	1 kg
<u>Brown sauce</u>	500 ml
<u>Bread croutons</u>	10
Onions	100 g
Oil	50 ml

Parsley (chopped)
Salt
Pepper

Method

1. Mince the beef through a medium plate. Peel and dice the onions.
2. Shallow fry the meat and the diced onions together in a saucepan, stirring occasionally to prevent the meat forming into lumps.
3. Add the brown sauce and the seasoning, bring to the boil and simmer in an oven at 180°C for one hour until the meat is tender.
4. Transfer to a warm dish and serve garnished with the chopped parsley and fried bread croutons.

Note: This dish may be served:

- a. With a border of mashed potatoes
- b. As a garnish for spaghetti.
- c. With a border of braised rice.

PART 2 - KITCHEN

CHAPTER NINE

Lamb

COMPOSITE

1. Best end Boulangere
2. Chump chop Champvallon
3. Lancashire hot pot
4. Moussaka
5. Shepherds pie

CURRY

6. Curried lamb

FRIED

7. Chops/Cutlets
8. Cutlets breadcrumbed
9. Cutlets Reform
10. Noisettes/Rosettes Clamart

GRILLED

11. Chops
12. Kebab a La Grecque

PASTRY COVERED

13. Cornish pasties

ROAST

14. Best end with various dishes
15. Crown
16. Leg
17. Saddle
18. Shoulder

STEW

19. Haricot
20. Irish
21. Navarin
22. Scotch style

COMPOSITE

1. BEST END OF LAMB BOULANGERE 9 PORTIONS

Ingredients

Best ends	3 x 6 cutlets
Onions	75 g
Potatoes (prepared)	1 kg
White stock	250 ml
Parsley (chopped)	
Salt	
Pepper	
Jus lie	250 ml

Method

1. Prepare the best ends for roasting
2. Peel and shred the onions and slice the potatoes 3 mm thick.
3. Mix 700 g of potatoes and the onions together, season, place into a baking tray and arrange the remainder of the potatoes neatly on top.
4. Add the white stock and brush the surface with melted margarine.
5. Place the best ends on the potatoes and cook in an oven at 200°C.
6. Remove the best ends when cooked and leave the potatoes in the oven to colour.
7. When the potatoes have coloured, carve the best ends into cutlets and arrange them on the potatoes.
8. Sprinkle with chopped parsley and serve jus lie separately.

2. CHUMP CHOP CHAMPVALLON 10 PORTIONS

Ingredients

Chump chops	10 x 150 g
Onions	50 g
Potatoes (prepared)	1 kg
Tomatoes	400 g
Brown stock	500 ml
Parsley (chopped)	
Salt	
Pepper	
Oil	

Method

1. Fry the chops in oil to a golden brown on both sides.
2. Peel and shred the onions, slice the potatoes 3 mm thick, blanch, peel and slice the tomatoes.
3. Arrange a layer of sliced potato in a fire proof dish, on this lay the chops with a layer of onions and tomatoes on top.
4. Arrange more potatoes neatly on top.
5. Add the brown stock and seasoning and brush the potatoes with melted margarine. Bring to the boil on top of the stove and bake in an oven at 200°C for about 1½ hours. Press down the potatoes occasionally while cooking to prevent drying out.
6. Remove from the oven and serve garnished with chopped parsley.

3. LANCASHIRE HOT POT 10 PORTIONS

Ingredients

Lamb	1 kg
Potatoes (prepared)	1 kg
Onions	200 g
White stock	1 ltr
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the lamb into 15 mm dice.
2. Peel and finely shred the onions and slice the potatoes 3 mm thick.
3. Place a layer of potatoes and onions in the bottom of a baking tray.
4. Season the meat and place it on the potatoes with the rest of the onions and chopped parsley.
5. Cover neatly with the remaining sliced potatoes.
6. Half fill with white stock and bring to the boil.
7. Brush the top with melted margarine.
8. Place in an oven at 200°C to cook for about 1½ hours.
9. Press down the potatoes occasionally with a slice to prevent them from drying out.
10. Remove any surplus fat from the surface and serve garnished with chopped parsley.

4. MOUSSAKA 10 PORTIONS

Ingredients

Lamb	1 kg
Onions	100 g
Garlic	1 clove
Mushrooms	200 g
Butter	50 g
Brown sauce	100 ml
Tomato puree	30 ml
Thyme	pinch
Aubergines	200 g
Courgettes	200 g
Tomatoes	400 g
Mornay sauce	1 ltr
Salt	
Pepper	
Parsley	

Method

1. Mince the lamb through a coarse plate.
2. Peel and finely dice the onions. Peel and crush the garlic and slice the mushrooms.
3. Sauté the onions, garlic and mushrooms in the butter until tender.
4. Add the minced lamb and cook for 2 minutes.
5. Add the brown sauce, herbs, tomatoes puree and seasoning. Bring to the boil and simmer for 30 minutes..
6. Peel and cut the aubergines and courgettes into 5 mm slices. Fry them in the oil until golden brown.
7. Blanch, skin and slice the tomatoes.
8. Place the meat mixture, the aubergines, the courgettes and the tomatoes in alternate layers in a fireproof dish. Finish with a layer of aubergines on top.
9. Mask with the mornay sauce and bake in a hot oven at 220°C until the top is golden brown.
10. Serve garnished with parsley.

8. BREADCRUMBS LAMB CUTLETS
10 PORTIONS

Ingredients

Lamb cutlets	20 x 75 g
Flour	50 g
Eggs	2
Milk	125 ml
White breadcrumbs	150 g
Oil	75 ml
Salt	
Pepper	
<u>Jus lie</u>	250 ml

Method

1. Trim, flatten and season the cutlets.
2. Pass the cutlets through flour, egg wash and breadcrumbs.
3. Shallow fry the cutlets to a golden brown in a saute pan.
4. Serve on a warm dish with jus lie around.

Note: This dish can be garnished with the following:

- a. Spaghetti Italienne
- b. Spaghetti Napolitaine
- c. Spaghetti Milanaise

9. LAMB CUTLETS REFORM
10 PORTIONS

Ingredients

Lamb cutlets	20 x 75 g
Cooked ham	125 g
Parsley (chopped)	
White breadcrumbs	150 g
Flour	50 g
<u>Reform sauce</u>	250 ml
Eggs	4
Milk	125 ml
Oil	75 ml
Salt	
Pepper	
Cooked tongue	100 g
Gherkin	100 g
<u>Boiled beetroot</u>	100 g

Method

1. Trim, flatten and season the cutlets.
2. Finely chop 25 g of the cooked ham, and add it to the breadcrumbs.
3. Pass the cutlets through flour, egg wash and breadcrumbs.
4. Shallow fry the cutlets to a golden brown.
5. Hard boil two of the eggs. Refresh and remove the shell.
6. Cut the ham, tongue, gherkin, beetroot and egg white into julienne and heat in a little of the reform sauce. Bring the remainder to the boil.
7. Pile the garnish in the centre of a warm serving dish sprinkle with chopped parsley and lay the cutlets around the garnish.
8. Pour the remaining sauce around the dish.

10. NOISETTES/ROSETTES CLAMART
10 PORTIONS

Ingredients

Noisettes/rosettes	20 x 75g
Artichoke bottoms	10
Peas	100 g
<u>Madeira sauce</u>	250 ml
<u>Cocotte potatoes</u>	400 g
Salt	
Pepper	

Method

1. Prepare the noisettes/rosettes and season with salt and pepper.
2. Cook the peas in boiling salted water, then drain thoroughly and keep warm.
3. Shallow fry the noisettes/rosettes to a golden brown in oil.
4. Warm the artichoke bottoms in a little boiling water then drain and fill with the cooked peas.
5. Heat the madeira sauce and use a little to mask the centre of a serving dish.
6. Arrange the noisettes/rosettes on the dish, with the artichoke bottoms and cocotte potatoes placed around them.
7. Serve the madeira sauce separately.

11. GRILLED LAMB CHOPS/CUTLETS
10 PORTIONS

Ingredients

Lamb chops/cutlets	20 x 75 g
Oil	25 ml
Watercress	1 bunch
Salt	
Pepper	

Method

1. Prepare the chops/cutlets
2. Place them on a tray, brush with oil and cook on both sides under a grill until cooked to a golden brown.
3. Place on to a warm serving dish with a small paper cutlet frill on each and serve with an appropriate garnish.

Note: Appropriate garnishes are:

1. Choron - Artichoke bottoms filled with peas and noisette potatoes.
2. Clamart - Artichoke bottoms filled with peas and cocotte potatoes.
3. Forestiere - Mushrooms cooked in butter, cooked potatoes.
4. Henry IV - Pont Neuf potatoes and watercress.

12. KEBABS A LA GRECQUE 10 PORTIONS

Ingredients

Lamb	800 g
Mushrooms	300 g
Bayleaf	10
Button onions	150 g
Streaky bacon	100 g
Salt	
Pepper	
Oil	
Jus lie	250 ml
<u>Rice Grecian Style</u>	10 portions

Method

1. Cut the lamb and the bacon into scallops about 4 cm long.
2. Peel, wash and scallop the mushrooms. Peel the onions and cut into cubes.
3. Place on skewers alternating lamb, mushrooms, onions and bacon with a piece of bayleaf until each skewer contains one portion; season with salt and pepper and brush with oil.
4. Cook under a grill to a golden brown.
5. Serve the jus lie separately.

Note: This dish can be served with either devilled, piquant or barbecue sauces as an accompaniment.

PASTRY COVERED

13. CORNISH PASTIES 10 PORTIONS

Ingredients

Lamb	400 g
Onions	50 g
Oil	25 ml
Salt	
Pepper	
Potatoes (prepared)	400 g
Parsley (chopped)	10 g
Egg	1

Method

1. Mince the lamb through a coarse plate,.
2. Peel the onions and cut them into fine dice then cook them in a little oil without colouring. Add the minced meat and seasoning and cook for 2 minutes.
3. Cut the potatoes into small dice and blanch them in boiling salted water for 2 minutes then drain and add them to the meat. Mix in the parsley and allow to cool.
4. Roll out the pastry 3 mm thick and cut out rounds 15 cm in diameter.
5. Brush them with a little water then place an equal amount of the filling into the centre of each one.
6. Fold over the pastry and press the edges together.
7. Egg wash, place on a baking tray and cook in a moderate oven 180°C for 35 minutes.

16. ROAST LEG OF LAMB 10 PORTIONS

Ingredients

Leg of lamb	2 kg

ROAST

14. BEST END OF LAMB 9 PORTIONS

Ingredients

1. Prepare the best ends for roasting.
2. Peel and slice the carrots and onions and place them in a roasting tin.
3. Put the best ends on top and roast in a hot oven 200°C for about 40 minutes.
4. Remove them from the oven, cut them into cutlets and arrange on a warm serving dish.
5. Garnish as appropriate. Serve jus lie separately.

Note: Appropriate garnishes are:

- a. Jardiniere - Turned carrots and turnips, french beans, peas and cauliflower florets coated in hollandaise sauce.
- b. Judic - Braised lettuce, stuffed tomatoes and chateau potatoes.
- c. Portugaise - small stuffed tomatoes and chateau potatoes.

15. CROWN ROAST OF LAMB 8 PORTIONS

Ingredients

Long best ends	2 x 8 cutlets
(approximate weight 1.2kg/1.4kg)	
<u>Stuffing</u>	
Chestnuts	300 g
<u>Beef stock</u>	
300 ml	
Celery	150 g
Butter	75 g
Onion	100 g
<u>Pork sausage meat</u>	125 g
White breadcrumbs	25 g
Egg	1

Method

1. Prepare the best ends and join them together to form a crown.
2. Put the chestnuts, stock, celery, salt and pepper in a saucepan. Simmer for one hour until the chestnuts are tender and all the stock is absorbed.
3. Transfer the chestnuts and celery to a bowl, allow to cool and pass through a coarse sieve.
4. Peel and finely dice the onions and cook them in melted butter in a saucepan.
5. Mix the sausage meat, breadcrumbs egg and the onions with the chestnuts.
6. Spoon the stuffing into the centre cavity of the crown roast. cover the tips of the bones with foil to prevent them from charring.
7. Place the roast into a dish and cook in an oven at 180°C for about an hour.
8. When cooked replace the foil caps with cutlet frills for service.

18. ROAST STUFFED SHOULDER OF LAMB 10 PORTIONS

Ingredients

Shoulder of lamb (bone in)	1.8 kg

Oil	25 ml
Onions	100 g
Carrots	100 g
Salt	
Pepper	
<u>Brown stock</u>	250 ml
<u>Mint sauce</u>	100 ml
Redcurrant jelly	100 g

Method

1. Peel and slice the carrots and onions and place them in a roasting dish.
2. Put the leg of lamb on top, pour a little oil over and roast for 15 minutes at 200°C.
3. Reduce the heat to 180°C and continue to roast basting occasionally.
4. When the joint is cooked remove it from the oven, and keep warm.
5. Remove any surplus fat from the roasting dish and make roast gravy with the residue and the brown stock.
6. Carve the joint and serve it with the roast gravy, redcurrant jelly and mint sauce separately.

17. SADDLE OF LAMB 8 PORTIONS

Ingredients

Saddle of lamb	1.5 kg
Oil	25 g
Salt	
<u>Brown stock</u>	250 ml
<u>Mint sauce</u>	80 ml
Redcurrant jelly	80 ml

Method

1. Prepare the saddle and place it in a roasting dish.
2. Brush it with oil and cook in a hot oven 200°C for 15 minutes.
3. Reduce the heat to 180°C and continue to roast, basting occasionally.
4. When the joint is cooked remove it from the oven and keep hot.
5. Remove any surplus fat from the roasting dish and make a roast gravy from the residue and brown stock.
6. Carve the joint and garnish as appropriate.
7. Serve with roast gravy, mint sauce and redcurrant jelly separately.

Note Appropriate garnishes are:

Bouquetiere - Small bunches of turned carrots and turnips, buttered peas served in artichoke bottoms or tartlet cases, bundles of green beans and chateau potatoes.

Dubarry - Small florets of cooked cauliflower coated with mornay sauce and glazed, small chateau potatoes.

Fleuriste - Buttered peas, small chateau potatoes and tomatoes stuffed with diced mixed vegetables.

Judic - Stuffed tomatoes, braised lettuce set on a crouton and chateau potatoes.

Nicoise - Small peeled or moulded tomatoes poached in butter, green beans and small chateau potatoes.

St Omer - Stuffed tomatoes, braised celery hearts and duchess potatoes.

20. IRISH STEW 10 PORTIONS

Ingredients

Lamb (boneless)	1 kg
Onions	200 g
Potatoes (prepared)	1.2 kg
Bouquet garni	1 small
Salt	

<u>Parsley and thyme</u>	300 g
<u>Stuffing</u>	
Carrots	100 g
Onions	75 g
Oil	50 ml
<u>Brown stock</u>	250 ml
Salt	
Pepper	

Method

1. Remove the bones, sinews and surplus fat from the shoulder.
2. Fill the centre with the stuffing then roll up and tie with string.
3. Peel and slice the carrots and onions and place them in a roasting dish.
4. Lay the prepared shoulder on top and brush with oil.
5. Season and place in a hot oven 220°C for 15 minutes.
6. Reduce the heat to 180°C and continue to roast basting occasionally.
7. When the joint is cooked remove it from the oven and keep it hot.
8. Drain any surplus fat from the roasting dish and make a roast gravy with the residue and brown stock.
9. Carve the joint and serve the roast gravy separately.

19. HARICOT OF LAMB 10 PORTIONS

Ingredients

Lamb	1 kg
Onions	200 g
Tomato puree	10 ml
Oil	25 ml
Carrots	200 g
Turnips	100 g
Flour	50 g
Parsley (chopped)	
Bouquet garni	1 small
<u>Brown stock</u>	1 ltr
<u>Haricot beans</u>	100 g
Salt	
Pepper	

Method

1. Cut the lamb into 25 mm dice.
2. Heat the oil in a saucepan and fry the meat to seal it. Drain off any excess fat.
3. Peel and roughly dice the carrots and onions and fry to a golden brown with the meat.
4. Sprinkle the flour over and cook in an oven at 200°C for 10 minutes. Remove from the oven.
5. Cover with the stock, add the tomato puree, salt and bouquet garni, bring to the boil and skim.
6. Cover with a lid and simmer in the oven at 180°C for 1½ hours. Transfer the meat into a fireproof dish. Strain the sauce.
7. Add the haricot beans and cook for a further 30 minutes.
8. Remove from the oven. Skim the sauce and serve garnished with parsley.

22. STEWED LAMB SCOTCH STYLE 10 PORTIONS

Ingredients

Lamb (boneless)	1 kg
Pearl barley	200 g
Carrots	200 g
Onions	200 g
Celery	75 g

Pepper
Parsley (chopped)

Method

1. Cut the lamb into 25 mm dice and peel and shred the onions.
2. Place the lamb in a saucepan, cover it with water and bring to the boil. Skim, add the seasoning and bouquet garni and simmer for one hour.
3. Add the shredded onions and continue to cook for a further hour.
4. Add the potatoes, cut into even sized pieces and continue to simmer until all the ingredients are cooked.
5. Remove the bouquet garni and skim if necessary.
6. Place the meat into a warm serving dish, arranging the potatoes on top, pour the cooking liquor over, garnish with the parsley and serve.

21. NAVARIN OF LAMB
10 PORTIONS

Ingredients

Lamb (boneless)	1 kg
Onions	50 g
Carrots	50 g
Oil	25 ml
Flour	50 g
Tomato puree	25 ml
<u>Brown stock</u>	1 ltr
Salt	
Pepper	
Parsley (chopped)	10 g
<u>Glazed turnips</u>	200 g
<u>Boiled potatoes</u>	450 g
<u>Glazed button onions</u>	200g
<u>Glazed carrots</u>	200 g
Peas	50 g
Bouquet garni	1 small

Method

1. Cut the lamb into 25 mm dice.
2. Heat the oil in a saucepan and fry the meat quickly to seal. Drain off any excess fat.
3. Peel and roughly dice the carrots and onions and fry them to a golden brown with the meat.
4. Sprinkle the flour over and cook in a hot oven at 200°C for 10 minutes. Remove from the oven.
5. Cover with the stock, add the tomato puree, seasoning and bouquet garni, bring to the boil and skim.
6. Cover with a lid and simmer in the oven at 180°C for 1½ hours.
7. Transfer the meat to a serving dish. Strain the sauce and remove any surplus fat.
8. Warm the cooked vegetable garnish with a little of the sauce and add it to the meat then pour the remaining sauce over. Garnish with parsley and serve.

Turnips 75 g
Parsley 10 g
White stock 1 ltr
Salt
Pepper

Method

1. Soak the pearl barley for one hour then wash thoroughly.
2. Cut the lamb into 25 mm dice.
3. Place the meat in a saucepan, cover with the stock, bring to the boil, skim and simmer for one hour.
4. Peel the vegetables and cut them into small dice then add them with the pearl barley to the meat and simmer for a further hour.
5. Skim the fat from the surface, adjust the seasoning and serve garnished with chopped parsley.

PART 2 - KITCHEN

CHAPTER TEN

Pork

	BOILED		
1.	Pork and pease pudding	14.	Garlic pork rashers
	FRIED	15.	Pork with bean sprouts
2.	Chops	16.	Pork with celery and bean sprouts
3.	Chop Flamande	17.	Pork ribs with chilli plum sauce
4.	Cutlets breadcrumbed	18.	Pork and shrimps Won Ton
5.	Belly breadcrumbed	19.	Shredded pork with noodles
6.	Mock escalope	20.	Spring rolls
	GRILLED	21.	Stir fried pork with asparagus
7.	Chops	22.	Sweet and sour
8.	Chop Charcutiere		PASTRY COVERED
	ORIENTAL	23.	Pie
9.	Barbecued spare ribs	24.	Pie (machine method)
10.	Chop Suey		ROAST
11.	Chow fan	25.	Loin with garnishes
12.	Deep fried spicy ribs	26.	Shoulder
13.	Fried Won Ton with sweet and sour sauce		STEW
		27.	Pork and beans

BOILED

1. BOILED PICKLED BELLY OF PORK AND PEASE
PUDDING
10 PORTIONS

Ingredients

Belly of pork (pickled and boned)	1 kg
<u>Pease pudding</u>	10 portions
Onions	100 g
Carrots	100 g
Salt	100 g

Method

1. Wash the pork thoroughly in cold water and place it in a large saucepan. Cover with cold water and bring to the boil and skim.
2. Peel the carrots and onions and add them whole, add a little salt and simmer until cooked.
3. Carve in 5 mm thick slices.
4. Serve with a little of the cooking liquor and pease pudding.

FRIED

2. FRIED PORK CHOPS
10 PORTIONS

Ingredients

Pork chops	10x150g
Oil	75 ml
Salt	
Pepper	

Method

1. Season the chops on both sides.
2. Shallow fry slowly to a golden brown on both sides in hot oil.
3. Drain and serve with an appropriate sauce.

Note: Suitable accompaniments are apple and piquant sauces.

3. PORK CHOP FLAMANDE
10 PORTIONS

Ingredients

Pork chops	10x150 g
Oil	75 ml
Apples	400 g
Sugar	25 g
<u>Jus Lie</u>	125 ml
Salt	
Pepper	

Method

1. Season the pork chops and fry them slowly on both sides until lightly coloured.
2. Peel the apples, slice them into rings and poach them in a little stock syrup until just cooked.
3. Place the chops on a tray and arrange a ring of poached apple on top of each one. Dust the apple very lightly with a pinch of sugar.
4. Put in a hot oven at 220°C or under a grill until the sugar is slightly coloured. Transfer to a warm dish and serve with jus lie.

4. BREADCRUMBED PORK CUTLETS
10 PORTIONS

Ingredients

Pork cutlets	10x150 g
Flour	50 g
Eggs	2
White breadcrumbs	150 g
Oil	100 ml
<u>Piquant sauce</u>	250 ml
Salt	
Pepper	

Method

1. Remove the bone from each cutlet and flatten with a cutlet bat.
2. Season the cutlets and pass them through flour, egg wash and breadcrumbs.
3. Slowly shallow fry in a pan until cooked and a golden brown colour.
4. Serve in a warm dish with piquant sauce separately.

Note: Thinly diluted mild mustard may be used in place of egg wash.

5. BREADCRUMBED BELLY OF PORK
10 PORTIONS

Ingredients

Pork (belly)	1.2 kg
Flour	50 g
Eggs	3
White breadcrumbs	150 g
Oil	100 ml
Salt	
Pepper	

Method

1. Remove the bones and the rind from the pork and cut the meat into slices 15 mm thick.
2. Flatten the slices with a cutlet bat then pass through seasoned flour, egg wash and breadcrumbs.
3. Shallow fry in hot oil to a golden brown on both sides then transfer to a baking tray and complete the cooking process in an oven at 180°C.
4. Transfer to a warm dish for service.

6. MOCK ESCALLOPS OF PORK
10 PORTIONS

Ingredients

Pork	500 g
Tinned Milk	75 ml
White Breadcrumbs	250 g
Salt	
Pepper	
Sage	
Oil	75 ml
<u>Piquant Sauce</u>	125 ml

Method

1. Mince the pork and mix it with the other ingredients.
2. Mince the mixture again through a fine plate and divide it into 10 equal portions.
3. Mould the mixture into medallion shapes, 10 cm in diameter.
4. Fry to a golden brown on both sides and serve in a warm dish with a piquant sauce separately.

GRILLED

7. GRILLED PORK CHOPS
10 PORTIONS

Ingredients

Pork chops	10x150 g
Oil	25 ml
<u>Straw potatoes</u>	200 g
Watercress	1 bunch
<u>Apple sauce</u>	250 ml
Salt	
Pepper	

Method

1. Season the chops with salt and pepper.
2. Place them on a try and brush them with oil.
3. Cook them slowly under a grill on both sides to a golden brown.
4. Serve on a warm dish garnished with straw potatoes and watercress and with apple sauce separately.

8. PORK CHOP CHARCUTIERE

10 PORTIONS

Ingredients

Pork chops	10x150 g
Oil	25 ml
<u>Charcutiere sauce</u>	500 ml
Salt	
Pepper	

Method

1. Season the chops with salt and pepper.
2. Place them on a try and brush them with oil.
3. Cook them slowly under a grill on both sides to a golden brown.
4. Arrange them around a warm serving dish leaving a small space in the centre. Put a little warm Charcutiere sauce into this space as a garnish and serve the remainder separately.

ORIENTAL

9. BARBECUED PORK SPARE RIBS

10 PORTIONS

Ingredients

Pork spare ribs	2.5 kg
Five spice powder	pinch
Root ginger	25 g
Garlic	2 cloves
Soy sauce	20 ml
Chinese chilli sauce	20 ml
Honey	25 ml
Vinegar	25 ml
Rice Wine	25 ml
<u>Barbecue sauce</u>	25 ml
Salt	

Method

1. Put the pork spare ribs into a large saucepan, cover with water, bring to the boil, reduce the heat and simmer with a lid on for 20 minutes then skin off any excess fat.
2. Peel and crush the garlic and ginger.
3. Mix together the barbecue sauce, honey, vinegar, chilli sauce, five spice powder, rice wine, soy sauce, crushed garlic and crushed ginger.
4. Put the spare ribs into a baking dish, pour the sauce over, and leave to stand for one hour.
5. Bake in an oven at 180°C for one and a quarter hours or until the pork is tender.

Note: Five spice powder is a mixture of star anise, fennel seed, cloves, cinnamon and pepper. It is strongly piquant so only needs to be used in small quantities.

10. PORK CHOP SUEY

10 PORTIONS

Ingredients

Pork loin	1 kg
Soy sauce	125 ml
Sherry	50 ml
Cornflour	50 g
Bean sprouts	500 mg
Onions	100 mg
Green pepper	1
Red pepper	1
Cauliflower	200 g
Oil	100 ml
Sugar	50 g
<u>White stock</u>	175 ml
Ground ginger	Pinch
Salt	

Method

1. Thinly slice the pork and cut it into 2 cm cubes.
2. Mix together the soy sauce, ground ginger and sherry and marinade the meat for 30 minutes.
3. Wash and drain the bean sprouts, peel and dice the onions.
4. Remove the core and seeds from the peppers, cut them into thin slices and cut the cauliflower into florets.
5. Heat the oil into a pan and stir fry the onions and peppers for 2 minutes then add the pork and continue to fry for a further 5 minutes.
6. Mix the cornflour with the white stock and add to the pan then put in the bean sprouts and sugar and simmer for 2 minutes. Adjust the seasoning and serve immediately.

11. CHOW FAN

10 PORTIONS

Ingredients

Cooked pork	1 kg
<u>Boiled rice</u>	2 kg
Shrimps	400 g
Eggs	6
Light soy sauce	10 ml
Oil	25 ml
Sugar	50 g
<u>White stock</u>	175 ml
Ground ginger	Pinch
Salt	

Method

1. Cut the pork meat into 2 cm cubes.
2. Cook the shrimps in boiling salted water for about 5 minutes then drain thoroughly.
3. Whisk the eggs in a bowl and cook in a pan until just firm. Remove and cut into small dice.
4. Cut the spring onion across into 2 cm pieces.
5. Heat the oil in a pan, add the pork, shrimps, rice and seasoning and stir fry for 6 minutes. Add the egg and spring onions and stir fry for a further 4 minutes.

Note: Any combination of beef, pork and chicken can be used in place of pork.

12. DEEP FRIED SPICY RIBS

10 PORTIONS

Ingredients

Pork spare ribs	2.5 kg
Root ginger	100 g
Onions	100 g
Garlic	2 cloves

Five spice powder	pinch
Light soy sauce	15 ml
Rice Wine	15 ml
Cornflour	5 g
Sesame oil	15 ml
Salt	

Method

1. Cut the spare ribs into pieces 10 cm long.
2. Peel and crush the ginger and garlic. Peel the onions and cut into fine dice.
3. Make a marinade with the ginger, garlic, onions, five spice powder, soy sauce, rice wine, cornflour and sesame oil.
4. Marinade the spare ribs for one hour.
5. Drain the ribs and deep fry in hot oil until golden brown.

Note: Five spice powder is a mixture of star anise, fennel seed, cloves, cinnamon and pepper, it is strongly piquant and only needs to be used in small quantities.

13. FRIED WON TON WITH SWEET AND SOUR SAUCE 10 PORTIONS

Ingredients

Lean pork	1 kg
Spinach	600 g
Button mushrooms	50 g
Won Ton wrappers	40 sheets
Soy sauce	20 ml
Sugar	150 g
Chinese mixed pickle	150 g
Chinese Wine	10 ml
White vinegar	125 ml
Pineapple juice	250 ml
Tomato ketchup	25 ml
Cornflour	10 g
Salt	
Pepper	

Method

1. Mince the pork through a fine plate.
2. Wash the spinach in several changes of water drain thoroughly and shred.
3. Slice the mushrooms.
4. Mix the pork, spinach, mushrooms, Chinese wine, salt and pepper together in a basin.
5. Put a teaspoon of the mixture in each Won Ton wrapper. Gather the edges of the Won Ton wrapper around the filling and press together firmly at the top, above the filling.
6. Mix the cornflour with a little water.
7. Boil the vinegar, pineapple juice, soy sauce, tomato ketchup and sugar in a pan and thicken with cornflour solution. Reduce the heat, slice and add the Chinese pickle and simmer for a further 2 minutes.
8. Deep fry the Won Ton for 3 minutes until golden brown and well cooked then transfer to a warm dish, mask over with the hot sauce and serve immediately.
9. Serve the Won Ton on a dish masked with the hot sauce.

14. GARLIC PORK RASHERS 10 PORTIONS

Ingredients

Pork rashers	2.2 kg
Black beans (preserved)	125 g
Water	10 ml
Soy sauce	10 ml
Root ginger	10 g
Oil	10 ml
Rice wine	10 ml

Cornflour	25 g
Spring onions	2
Garlic	2 cloves
Salt	
Pepper	

Method

1. Cut the pork rashers into 5 cm long pieces and shallow fry them in the hot oil to a golden colour. Put aside to keep warm.
2. Peel and crush the garlic and ginger. Wash and shred the spring onions.
3. Soak the black beans in water for 10 minutes then mash them with the water and mix together with the soy sauce, rice wine, ginger, garlic and seasoning.
4. Mix the cornflour with a little water, add it to the mixture then pour this over the pork and bring to the boil.
5. Transfer onto a warm dish, garnish with the spring onions and serve immediately.

15. PORK WITH BEAN SPROUTS 10 PORTIONS

Ingredients

Lean pork	600 g
Fresh bean sprouts	800 g
<u>White stock</u>	375 ml
Cornflour	75 g
Soy sauce	25 ml
Cucumber (preserved)	5 slices
Spring onions	5
Sesame oil	25 ml
Salt	
Pepper	

Method

1. Cut the pork into thin strips 4 cm long and shallow fry it in a pan for 2 minutes.
2. Add the bean sprouts, cucumber, stock, seasoning and soy sauce and cook covered with a lid for one minute then thicken with the cornflour mixed with the sesame oil and serve immediately.

16. PORK WITH CELERY AND BEAN SPROUTS 10 PORTIONS

Ingredients

Lean pork	600 g
Fresh bean sprouts	800 g
<u>White stock</u>	375 ml
Cornflour	75 g
Celery	400 g
Soy sauce	25 ml
Cucumber (preserved)	5
Spring onions	50 g
Sesame oil	25 g
Salt	

Method

1. Cut the pork into thin strips 4 cm long. Cut the celery and spring onions into 3 cm lengths and the cucumber into thin slices.
2. Shallow fry the pork in a pan for 2 minutes then add the bean sprouts, celery and soy sauce, seasoning and white stock and simmer with a lid on for 2 minutes.
3. Thicken with the cornflour mixed with the sesame oil transfer to a warm serving dish and serve immediately.

17. PORK RIBS WITH CHILLI PLUM SAUCE 10 PORTIONS

Ingredients

a. Pork Ribs

Pork ribs	2.5 kg
Black beans (preserved)	125 g
Five spice powder	pinch
Oyster sauce	10 ml
Rice Wine	15 ml
Soy sauce	10 ml
Salt	

b. Chilli Plum Sauce

Root ginger	25 g
Garlic	1 clove
Spring onions	10 g
Cornflour	5 g
Plum sauce	150 ml
Chilli sauce	10 ml

Method

a. Pork Ribs

1. Soak the black beans in water for 15 minutes. Drain them thoroughly and mash with a fork.
2. Mix the black beans with the oyster sauce, rice wine, soy sauce, five spice powder, pepper and salt.
3. Coat each of the pork ribs with the black bean mixture and then cook under a grill for 10 minutes, turning them occasionally.
4. Remove the ribs from the grill, brush both sides with chilli plum sauce then grill them for a further 10 minutes until cooked to a golden brown colour.
5. Transfer to a warm dish and serve with warm chilli plum sauce separately.

Method

b. Chilli Plum Sauce

1. Peel and chop the ginger, peel and crush the garlic and cut the spring onions into 1 cm lengths.
2. Shallow fry the ginger, garlic and spring onions in a saucepan for one minute.
3. Mix the cornflour with a little water.
4. Remove the saucepan from the heat and stir in the plum sauce, the chilli sauce and the soy sauce.
5. Bring to the boil and thicken with the cornflour solution.

Notes:

1. Plum sauce is available canned from specialist food stores. To make, mix together, 100 g of steward plum jam, 50 g chopped mango chutney, 20 ml vinegar, 10 g sugar, salt and pepper.
2. Five Spice Powder is a mixture of star anise, fennel seed, cloves, cinnamon and pepper. It is strongly piquant and only needs to be used in small quantities.

18. PORK AND SHRIMP WON TON 10 PORTIONS

Ingredients

Won Ton paste squares	40
Cooked lean pork	600 g
Cooked shrimps	400 g
Sugar	5 g
Cornflour	10 g
Eggs	4
<u>Chicken stock</u>	2 lt
Leeks	50 g
Sesame oil	10 ml
Salt	
Pepper	

Method

1. Peel the shrimps and cut them into small pieces. Wash and trim the leeks.
2. Mince the pork through a fine plate and mix it with the shrimps, pepper, salt, sugar and cornflour.
3. Bind the mixture with the eggs saving one egg white and divide it between the Won Ton pasty squares. Roll them up and seal with egg white.
4. Bring the chicken stock to the boil, add the leeks and sesame oil and cook the Won Ton for 10 minutes until they float.
5. Transfer to a warm dish and serve immediately.

19. SHREDDED PORK WITH NOODLES 10 PORTIONS

Ingredients

Lean pork	1 kg
Black fungus	50 g
Cornflour	10 g
Sugar	5 g
Rice Wine	10 ml
Water for marinade	10 ml
Sesame oil	10 ml
Oil	50 ml
Root ginger	25 g
Garlic	2 cloves
Water chestnuts	400 g
Chinese dried egg noodles	250 g
Salt	
Pepper	

Method

1. Soak the black fungus in cold water for 10 minutes, drain thoroughly and shred. Blanch in boiling water for 5 minutes, refresh and drain.
2. Cut the pork into thin strips and marinade in the soy sauce, cornflour, sugar, wine, pepper, water and sesame oil for 20 minutes then drain and save the marinade and shallow fry the pork in oil for 2 minutes.
3. Peel and finely chop the ginger and garlic. Slice the water chestnuts.
4. Add the ginger, garlic and water chestnuts to the meat and stir fry for a further 2 minutes.
5. Cook the noodles in boiling water for 5 minutes, refresh and drain thoroughly.
6. Deep fry the noodles in oil to a golden colour then drain them on absorbent paper and place them on a warm serving dish.
7. Add the marinade to the meat mixture bring to the boil and stir until the sauce thickens. Pour over the noodles and serve immediately.

20. SPRING ROLLS 10 PORTIONS

Ingredients

Cornflour	100 g
Flour	200 g
Eggs	2
Water	100 ml
Cooked pork	500 g
Bean sprouts	75 g
Bamboo shoots	75 g
Cabbage	100 g
Onions	75 g
Soy sauce	25 ml
Oil	50 ml
Ground ginger	pinch
Salt	
Pepper	

Method

1. Sieve the cornflour, flour and a pinch of salt together in a basin.
2. Make a bay add the eggs and half of the water and mix to a smooth batter.
3. Gradually add the remainder of the water. Allow to stand for one hour.
4. Mince the pork. Wash and drain the bean sprouts and cut the bamboo shoots into julienne.
5. Shred the cabbage and cook it in boiling salted water for 2 minutes. Refresh and drain.
6. Peel and finely dice the onion.
7. Shallow fry the pork, bean sprouts, bamboo shoots, cabbage and onion together in a pan for 5 minutes, then add the soy sauce, ground ginger and seasoning and put aside to cool.
8. Heat a little oil in an omelette pan and pour in sufficient batter to thinly cover the bottom.
9. Cook on one side only and remove to a plate and continue the process until all the batter is used.
10. Divide the filling between the pancakes placing it on the cooked side.
11. Roll up the pancakes and tuck in the ends firmly. Seal with a cornflour and water paste.
12. Deep fry in hot oil until golden brown in colour. Drain thoroughly on absorbent paper and serve immediately.

21. STIR FRIED PORK WITH ASPARAGUS

10 PORTIONS

Ingredients

Fresh asparagus	800 g
Pork loin (boneless)	1 kg
Carrot	100 g
Root ginger	100 g
Garlic	2 cloves
Spring onion	150 g
Rice Wine	10 ml
Sugar	5 g
Salt	
Cornflour	10 g
Light soy sauce	10 ml

Method

1. Prepare the asparagus and cut into 5 cm sections, blanch in boiling water for one minute, refresh in cold water and drain.
2. Cut the pork into thin slices and marinade with the salt, sugar, cornflour and light soy sauce for 10 minutes.
3. Peel and crush the garlic. Peel the carrots and ginger and cut them into thin slices. Cut the spring onions onto 25 mm lengths.
4. Shallow fry the garlic and marinated pork for 10 minutes until the meat is cooked then remove from the pan and keep warm.
5. Shallow fry the carrots, ginger and spring onions for 3 minutes, add the wine, the cooked meat and the asparagus.
6. Mix the cornflour with a little water and stir it into the mixture. Boil until the sauce thickens, then transfer to a warm serving dish.

22. SWEET AND SOUR PORK

10 PORTIONS

Ingredients

Lean pork	1 kg
Eggs	2
Cornflour (for meat)	75 g
Pineapple or Chinese mixed pickles	200 g
Ginger (preserved)	25 g
Oil	50 ml
Water	500 ml

Cornflour (for sauce)	10 g
Vinegar	75 ml
Tomato ketchup	50 ml
Sugar	50 g
Brandy	25 ml
Spring onions	100 g
Salt	

Method

1. Cut the pork into 20 mm dice, season then dip the pork into beaten egg and coat it with cornflour.
2. Deep fry in hot oil, drain thoroughly and place on a warm serving dish.
3. Cut the pineapple or Chinese mixed pickle into 5 mm dice. Peel and finely chop the ginger.
4. Fry the pineapple or Chinese mixed pickle and ginger together in the oil.
5. Boil the water in a saucepan.
6. Mix the cornflour, vinegar, tomato ketchup, sugar and brandy to a smooth paste and add it to boiling water.
7. Add the pineapple or Chinese mixed pickle and ginger to the sauce and simmer for 5 minutes.
8. Cut the spring onions into 5 mm lengths.
9. Pour the sauce over the pork and garnish with the spring onions.

PASTRY COVERED

23. PORK PIE

4 PORTIONS

Ingredients

<u>Raised pie paste</u>	400 g
Pork	320 g
White breadcrumbs	40 g
Salt	
Pepper	
Sage	pinch
<u>Aspic jelly</u>	
100 ml	

Method

1. Roll out the pie paste and line a 13 cm cake tin.
2. Mince the pork through a fine plate and mix with breadcrumbs, seasoning and a little sage.
3. Fill the lined cake tin with the pork, cover with pastry and decorate the top, leaving a vent.
4. Bake in an oven at 180°C for 2 hours.
5. Allow to cool and fill with aspic jelly. Top up with more aspic as the pie settles.

24. PORK PIE (MACHINE METHOD)

10 PORTIONS

Ingredients

Pork	800 g
Sage	
<u>Hot water paste</u>	500 g
<u>Aspic jelly</u>	250 ml
Salt	
Pepper	

Method

1. Mince the pork through a coarse plate and mix with the seasoning and a little sage.
2. Line the pie moulds with hot water paste and fill with the minced pork.
3. Cover the tops with the pastry then brush with egg wash.
4. Make an incision in the top of each pie and bake in an oven at 180°C for one hour then remove from the moulds and allow to cool.
5. Fill with aspic jelly and place in a refrigerator.

25. ROAST LOIN OF PORK

20 PORTIONS

Ingredients

Pork Loin, bone in	3 kg
Oil	50 ml
Salt	
Pepper	
<u>Brown Stock</u>	1 lt
<u>Jus Lie</u>	500 ml

Method

1. Prepare the joints for roasting. Cut through the vertebra at half inch intervals with a saw and loosen the back-bone. Score the rind and tie the joints tightly.
2. Brush the joints with a little oil, add seasoning and cook in an oven at 220°C for 20 minutes then reduce the heat to 180°C and continue to cook for a further one and a quarter hours.
3. Remove the joint from the oven, transfer it to a clean dish and stand it in a warm place for 10 minutes to rest before carving.
4. Strain off the fat in the roasting dish and leave behind the residue. Place the dish on the stove top and add the brown stock.
5. Bring to the boil, strain and skim. Add the jus lie and adjust the consistency.
6. Carve the loin into slices for service and serve the gravy separately.

Notes:

1. If the skin is required to be served as crackling do not baste the joints during the cooking process.
2. Appropriate garnishes are:
Watercress accompanied by apple sauce and sage and onion stuffing.

26. ROAST LEG OF PORK
10 PORTIONS*Ingredients*

Leg of pork (bone in)	4 kg
Oil	
Salt	
Pepper	
<u>Brown stock</u>	200 ml
<u>Jus lie</u>	400 ml

Method

1. Weigh the leg of pork then prepare it for roasting by scoring the rind deeply, brushing with a little oil and rubbing in salt and pepper to season.
2. Place the joint in a roasting dish and cook in an oven at 200°C for 20 minutes then reduce the heat to 180°C and cook for a further one hour for each kilogram of weight.

27. PORK AND BEANS
10 PORTIONS*Ingredients*

Prepared pork	1 kg
Onions	50 g
Carrots	50 g
Haricot beans	200 g
Tomato puree	200 g
Golden syrup	25 g
Bouquet garni	1
Parsley (chopped)	
White stock	1 lt
Salt	
Pepper	

Method

1. Soak the beans overnight in cold water. Rewash, drain thoroughly then boil them in a saucepan in white stock until they are half cooked.
2. Cut the pork into 20 mm cubes. Shallow fry to a golden brown colour and add to the beans.
3. Peel the onions and carrots, and cut into dice. Shallow fry and add to the pork and beans.
4. Add the remainder of the ingredients except the parsley, cover with a lid and simmer until tender.
5. Remove the bouquet garni, adjust the seasoning, transfer to a warm dish and serve decorated with chopped parsley.

PART 2 - KITCHEN

CHAPTER ELEVEN

Veal

	FRIED		ROAST
1.	Chops	10.	Loin/shoulder stuffed
2.	Cutlets breadcrumbed		
3.	Escalope Cordon Bleu		SAUTE
4.	Escalope Holstein	11.	Veal saute
5.	Escalope Milanaise		
6.	Escalope Viennoise		STEW
7.	Jaegar Schnitzel	12.	Blanquette
8.	Zigeuner Schnitzel	13.	Fricasse
		14.	Goulash
	PASTRY COVERED	15.	Veal stew printaniere
9.	Veal and ham pie		

FRIED

1. FRIED VEAL CHOPS
10 PORTIONS

Ingredients

Veal Chops	10x150 g
Oil	50 ml
Salt	
Pepper	

Method

1. Season the chops with salt and pepper.
2. Shallow fry the chops on both sides until cooked through and a golden brown.
3. Drain on absorbent paper and serve on a warm dish with an appropriate garnish.

2. BREADCRUMBED VEAL CUTLETS
10 PORTIONS

Ingredients

Veal cutlets	10x150 g
Flour	50 g
Eggs	3
Oil	125 ml
White breadcrumbs	150 g
Salt	
Pepper	

Method

1. Flatten the cutlets with a cutlet bat.
2. Season and pass through flour, egg wash and breadcrumbs.
3. Shallow fry the cutlets on both sides until cooked through and golden brown.
4. Drain on absorbent paper and serve on a warm dish with an appropriate garnish.

3. ESCALOPE OF VEAL CORDON BLEU
10 PORTIONS

Ingredients

Veal	1 kg
Cooked ham	10 slices
Swiss cheese	10 slices
Flour	50 g
Eggs	3
White breadcrumbs	150 g
Oil	125 ml
Butter	150 g
Lemon	1
<u>Jus Lie</u>	125 ml
Salt	
Pepper	

Method

1. Cut the veal across the grain into 20 slices.
2. Beat out using a cutlet bat into escalopes 3mm thick.
3. On 10 of the escalopes lay a slice of ham and a slice of cheese.
4. Cover with the remaining escalopes of veal and press firmly together.
5. Season and pass through flour, egg wash and breadcrumbs.
6. Heat the oil in a shallow pan and fry the escalopes until cooked and golden brown on both sides.
7. Drain well and serve masked with nut brown butter and surrounded with jus lie.

4. ESCALOPE OF VEAL HOSTEIN
10 PORTIONS

Ingredients

Veal	1.5 kg
Flour	50 g
Eggs	13
White breadcrumbs	150 g
Oil	125 ml
Anchovy fillets	10
Salt	
Pepper	

Method

1. Cut the veal across the grain into 10 slices.
2. Beat out, using a cutlet bat into escalopes 5 mm thick.
3. Season the escalopes and pass them through flour, egg wash and breadcrumbs.
4. Shallow fry the escalopes on both sides until cooked and golden brown on both sides.
5. Drain and arrange on a warm dish. Garnish each escalope with a fried egg and strips of anchovy fillets.

5. ESCALOPE OF VEAL MILANISE
10 PORTIONS

Ingredients

Veal	1.5 kg
Flour	50 g
Eggs	3
White breadcrumbs	150 g
Oil	125 ml
<u>Spaghetti Milanise</u>	5 portions
<u>Jus lie</u>	125 ml
Salt	
Pepper	

Method

1. Cut the veal across the grain, into 10 slices.
2. Beat out, using a cutlet bat into escalopes 5 mm thick.
3. Season the escalopes and pass them through flour, egg wash and breadcrumbs.
4. Heat the oil in a shallow pan and fry until cooked and golden brown on both sides.
5. Drain and serve on a warm dish and garnish with spaghetti Milanise.
6. Surround with jus lie before serving.

6. ESCALOPE OF VEAL VIENNOISE 10 PORTIONS

Ingredients

Veal	1 kg
Flour	50 g
Eggs	4
White breadcrumbs	150 g
Anchovy fillets	10
Olives	5
Lemons	2
Oil	125 ml
Capers	25 g
Butter	100 g
<u>Jus lie</u>	125 ml
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the veal across the grain into 10 slices.
2. Beat out using a cutlet bat into escalopes 5 mm thick.
3. Season the escalopes and pass them through flour, egg wash and breadcrumbs.
4. Hard boil one egg, refresh and remove the shell.
5. Sieve the egg white and yolk separately.
6. Wrap the anchovy fillet around a slice of stoned olive.
7. Peel and remove all the pith from one lemon and cut it into 3 mm thick slices.
8. Decorate each slice of lemon with sieved white and yolk of egg and chopped parsley. Place the stuffed anchovy fillet in the centre.
9. Shallow fry the escalopes on both sides until cooked and a golden brown.
10. Drain and serve in a warm dish. Decorate with capers and mask with nut brown butter.
11. Surround the escalope with jus lie and place the Viennoise garnish on top of each escalope.

7. JAGER SCHNITZEL 10 PORTIONS

Ingredients

Veal	1.5 kg
Flour	50 g
Eggs	3
White breadcrumbs	150 g
Oil	125 ml
<u>Jaeger sauce</u>	500 ml
Salt	
Pepper	

Method

1. Cut the veal across the grain into 10 slices. Beat out using a cutlet bat into escalopes 5 mm thick.
2. Season the escalopes and pass them through flour, egg wash and breadcrumbs.
3. Shallow fry the escalopes on both sides until cooked and golden brown on both sides.
4. Drain, place on a warm dish and serve masked over with a little Jaeger sauce and the remainder served separately.

8. ZIGEUNER SCHNITZEL 10 PORTIONS

Ingredients

Veal	1.5 kg
Flour	50 g
Eggs	3
White breadcrumbs	150 g
Oil	125 ml

Zigeuner sauce

500 ml

Salt

Pepper

Method

1. Cut the veal across the grain into 10 slices. Beat out using a cutlet bat into escalopes 5 mm thick.
2. Season the escalopes and pass them through flour, egg wash and breadcrumbs. Shallow fry the escalopes on both sides until cooked and a golden brown on both sides.
3. Drain, place on a warm dish and serve masked over with a little Zigeuner sauce and the remainder served separately.

PASTRY COVERED

9. VEAL AND HAM PIE 10 PORTIONS

Ingredients

<u>Raised pie paste</u>	2 kg approx
Boneless veal	2.5 kg
Streaky bacon	500 g
Gammon or lean bacon	500 g
<u>Aspic jelly</u>	500 g
Leaf gelatine	10 leaves
Onion	100 g
Eggs	10
Parsley (chopped)	
Salt	

Method

1. Cut the veal into scallops and the gammon or lean bacon into slices. Season both with a little salt.
2. Peel the onions and cut the flesh into dice. Hard boil 7 of the eggs and prepare an egg wash with the remainder. Soak the leaf gelatine in a little water. Roll out two thirds of the pie paste into an oblong 5 mm thick and line a raised pie mould then place it on a baking sheet.
3. Line the paste with slices of streaky bacon overlapping the edge of the mould. Half fill the mould with alternating layers of veal and gammon or lean bacon. Sprinkle each layer with a little chopped parsley and onion.
4. When the pie is half full place the hard boiled eggs along the middle and continue to fill with the layers of veal and gammon until the mould is full.
5. Place the gelatine on the top and cover with the streaky bacon which is overlapping the edge of the mould.
6. Roll out the remainder of the paste and cover the top of the pie.
7. Using a pastry cutter, make a 15 mm diameter hole in the centre of the pie. Decorate the pie top.
8. Egg wash thoroughly and allow to stand for 30 minutes.
9. Bake in an oven at 220°C for 15 minutes, then reduce the heat to 180°C and continue baking for 2½ hours.
10. Remove from the oven, allow to cool slightly then fill with aspic jelly. When completely cold, top up with aspic jelly and refrigerate.

Notes:

1. If a raised pie mould is not available, any tin of suitable shape and size may be used. This will need to be greased and lined with greaseproof paper before lining with paste to ensure easy removal of the cooked pie from the mould.
2. Veal and ham pie may also be prepared and cooked in earthenware or fireproof glass dishes.

ROAST

10. ROAST STUFFED VEAL 10 PORTIONS

Ingredients

Shoulder of veal sizes can vary, allow 200 g bone in, per portion.

<u>Parsley and Thyme Stuffing</u>	500 g
Oil	25 ml
Carrots	100 g
Onions	100 g
<u>Veal stock</u>	500 ml
Cornflour	10 g
Salt	
Pepper	

Method

1. Remove the bone from the shoulder and weigh the meat.
2. Season the meat and place the stuffing in the centre.
3. Roll up the shoulder and tie it with single strings. Peel the carrots and onions slice them and then place in a roasting tray.
4. Lay the prepared shoulder on top and brush with oil.
5. Place in an oven at 220°C for 15 minutes.
6. Reduce the heat to 180°C and continue to cook basting occasionally. Allow one hour cooking time per kilogram of weight. Remove the joint from the oven and keep hot.
7. Drain the fat from the roasting tray and make a roast gravy using the veal stock. Thicken with cornflour blended with a little cold stock.
8. Carve and serve with the thickened gravy.

Note: Loin of veal can also be stuffed and rolled then cooked in a similar manner.

SAUTE

11. SAUTE VEAL 10 PORTIONS

Ingredients

Veal (boneless)	1 kg
Onions	100 g
Tomatoes	200 g
Oil	50 ml
Flour	50 g
<u>Brown stock</u>	1 ltr
Bouquet garni	1 small
Tomato puree	15 ml
Salt	
Pepper	
<u>Pilaff of rice</u>	5 portions

Method

1. Cut the veal into 25 mm cubes.
2. Peel the onions and dice the flesh.
3. Blanch, the tomatoes, remove the skin and seeds. Cut the flesh into small dice. Shallow fry the veal to a golden brown colour.
4. Add the onions and fry together for 2 minutes. Sprinkle with flour and place in an oven to colour.
5. Remove from the oven and mix in the flour. Add brown stock gradually to form a smooth sauce.
6. Bring to the boil, add the tomato puree, diced tomato, bouquet garni and seasoning. Cover with a lid and simmer until tender.
7. Remove the bouquet garni, skim off any grease, adjust the seasoning and serve with a border of pilaff or rice.

STEW

12. BLANQUETTE OF VEAL 10 PORTIONS

Ingredients

Veal (boneless)	1 kg
<u>Veal stock</u>	1 ltr
Carrots	100 g
Bouquet garni	1 small
Butter onions	200 g
Margarine	100 g
Flour	100 g
Button mushrooms	100 g
Lemon	1
Butter	10 g
Eggs	2
Cream	75 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the veal into 15 mm dice. Separate the egg yolks from the whites.
2. Place the veal in saucepan, cover it with cold water, bring to the boil and blanch for 5 minutes. Refresh and drain. Place the meat in a clean saucepan cover with the stock, bring to the boil and skim.
3. Peel the carrots and add them whole. Add seasoning and the bouquet garni. Simmer for 10 minutes, peel and add the button onions and continue to simmer until the veal and onions are cooked.
4. Strain off the cooking liquor, keep the veal and onions warm.
5. Make a white roux with the margarine and flour and gradually add the cooking liquor to make a smooth sauce. Simmer for 30 minutes then adjust the seasoning.
6. Wash the mushrooms and cut them into scallops. Place them in a saucepan with lemon juice, seasoning, butter and a little water. Bring to the boil and simmer for 5 minutes.
7. Remove the carrots and bouquet garni from the veal, add the sauce and mushrooms and bring to the boil.
8. Mix the egg yolks and cream together, add a little of the sauce to bring to a moderate temperature, then add the liaison to the sauce. Do not allow the sauce to boil after this stage or it will curdle.
9. Serve in a warm dish decorated with chopped parsley.

13. FRICASSE OF VEAL 10 PORTIONS

Ingredients

Veal (boneless)	1 kg
Margarine	100 g
Flour	100 g
<u>Veal stock</u>	1.5 ltr
Bouquet garni	1 small
Button onions	200 g
Button mushrooms	100 g
Lemon	1
Butter	10 g
Eggs	2
Cream	75 ml
<u>Croutons</u>	10
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the veal into 25 mm dice and season. Separate the egg yolks from the whites. Melt the margarine in a saucepan, add the veal and cook lightly without colouring. Remove the veal from the pan.
2. Add flour to the saucepan and cook it to a sandy texture. Pour in the stock gradually and mix to a smooth sauce. Put the veal into the sauce, add the bouquet garni and simmer for 30 minutes then add the onions and continue to simmer until the veal and onions are tender.
3. Wash the mushrooms and cut them into scallops. Put them in a saucepan with lemon juice, seasoning, butter and a little water. Bring to the boil and simmer for 5 minutes.
4. Drain the veal and onions from the sauce and keep warm. Strain and reduce the sauce until it coats the back of a spoon.
5. Mix the egg yolks and cream together, add a little of the sauce to bring to a moderate temperature then add the liaison to the sauce. Do not allow the sauce to boil after this stage or it will curdle.
6. Return the veal, mushrooms and onions to the sauce and serve in a warm dish decorated with heart shaped croutons dipped in chopped parsley.

14. VEAL GOULASH 10 PORTIONS

Ingredients

Veal (boneless)	1 kg
Garlic	1 clove
Onions	200 g
Flour	25 g
Paprika	25 g
Tomato puree	25 ml
<u>Brown stock</u>	650 ml
Potatoes	300 g
Tomatoes	200 g
Parsley	
Salt	

Method

1. Cut the veal into 25 mm dice. Peel and crush the garlic and peel the onions and cut the flesh into fine dice.
2. Shallow fry the veal to a light colour.
3. Add the garlic and onions and cook for 4 minutes.
4. Add the flour, paprika and salt, and cook for a further 4 minutes.
5. Add the tomato puree and stock, bring to the boil, skim then simmer for 1½ hours.
6. Blanch the tomatoes, remove the skin and seeds. Cut the flesh into quarters.
7. Turn the potatoes to barrel shapes.
8. Add the potatoes and tomatoes and simmer until the potatoes are cooked.
9. Transfer to a warm dish and decorate with chopped parsley.

15. VEAL STEW PRINTANIERE 10 PORTIONS

Ingredients

Veal (boneless)	1 kg
Margarine	100 g
<u>Brown stock</u>	750 ml
<u>Demi glace</u>	125 ml
Bouquet garni	1 small
Carrots	200 g
Turnips	200 g
Potatoes	300 g
Peas	50 g

French beans	50 g
<u>Glazed button onions</u>	
<u>Asparagus points</u>	
Salt	
Pepper	

Method

1. Cut the veal into 15 mm dice and shallow fry to a golden brown colour in the margarine.
2. Drain off the margarine. Add the brown stock and demi glace. Season, bring to the boil and skim. Add the bouquet garni cover with a lid and cook in a moderate oven for one hour.
3. Peel the carrots and turnips and trim them to olive shapes. Peel the potatoes and trim them to large olive shapes.
4. Add to the veal and simmer until tender.
5. Prepare the peas and french beans and cook in boiling salted water. Drain and keep warm.
6. Transfer the stew to a warm deep serving dish. Garnish the surface with the peas, beans, button mushrooms and asparagus tips for service.

PART 2 - KITCHEN

CHAPTER TWELVE

Bacon

1.	BAKED Ham with various garnishes	7.	FRIED Ham croquettes
2.	BOILED Gammon	8.	GRILLED Gammon
3.	Ham with pease pudding		
4.	BRAISED Ham	9.	PASTRY COVERED Steamed bacon roll
5.	FARCE/MOUSSE Ham cornets		
6.	Ham mousse		

INTRODUCTION

1. Bacon is made by curing a “baconer” pig which is a pig bred specifically for bacon.
2. The sides of pork are salted in brine containing permitted additives, which preserve the colour and impart flavour to the meat.
3. Bacon may be smoked after curing: ie hung over smouldering sawdust. It has a brown rind.
4. Unsmoked bacon is known as “green” bacon; the rind is white and the flavour is milder.

BAKED

1. BAKED HAM

Ingredients

Gammon (cooked)	1 whole
<u>Demi glace</u>	1 ltr
Demerara sugar	150 g
Madeira wine	250 ml
Cloves	

Method

1. Remove the rind, score the fat evenly in a trellis pattern, stud with a few cloves, sprinkle with sugar and half the Madeira wine.
2. Place in an oven at 180°C until the sugar has caramelised, basting occasionally.
3. Remove from the oven and allow to rest.
4. Pour off the surplus fat from the cooking utensil, add the remainder of the Madeira wine together with the demi glace, bring to the boil and strain.
5. Slice the ham, coat with the sauce and serve with appropriate garnish.

Notes:

1. A whole gammon weighs between 6-8 kg.
2. It will produce about 40 or more slices.
3. Appropriate garnishes are: pineapple rings, peach halves and spinach.
4. Ham, is the hind leg of a pig cut from the whole carcass then cured and separately matured. Some of the best known are York, Parma, Virginia and Westphalian.

BOILED

2. BOILED GAMMON

Ingredients

Gammon	1 whole

Method

1. Soak in cold water overnight.
2. Weigh the gammon and place it in a large saucepan. Cover it with cold water, bring to the boil and simmer for 50 minutes per kilogram of weight.
3. If the gammon is to be served cold it should be left in the cooking liquid to cool.
4. The skin and surplus fat is removed before serving.

Notes:

1. Gammon is the name given to a whole hind leg cut from a side of bacon after curing.
2. A whole gammon weighs between 6-8 kg.
3. Served hot it will produce about 40 or more slices, if cold about 70 slices.
4. If served hot it may be accompanied by parsley sauce.
5. To test if the gammon is cooked, twist and pull the small bone found alongside the shank. If it comes away clean the gammon is cooked.

3. BOILED HAM WITH PEASE PUDDING

Ingredients

Gammon	1 whole
Pease pudding	30 portions

Method

1. Soak the gammon in cold water overnight.
2. Weigh the gammon and place it in a large saucepan. Cover it with cold water, bring to the boil and simmer for 50 minutes per kilogram of weight. Remove from the liquid and cut off the skin and surplus fat.
3. Carve into slices for service and garnish with pease pudding. This dish can also be garnished with parsley sauce.

Note: A whole gammon weighs between 6-8 kgs. Ham is the hind leg of a pig cut from the whole carcass then cured and separately matured. The best known are York, Parma, Virginia and Westphalian.

BRAISED

4. BRAISED HAM

Ingredients

Gammon	1 whole
Madeira, Port or other suitable wine	625 ml

Method

1. Remove the pelvic bone from the ham and soak the ham overnight in cold water. Place the ham in a large saucepan, cover it with cold water, bring to the boil and simmer for 50 minutes per kilogram of weight.
2. About half an hour before cooking is complete, remove the ham from the cooking liquor and allow it to cool slightly. Remove the skin and trim off any surplus fat.
3. Place the ham in a braising pot just large enough to hold it and add the wine. Seal the lid tightly and place in an oven at 180°C and continue the cooking process turning the ham occasionally.
4. If the ham is to be presented whole remove the lid 15 minutes before taking the ham out of the oven, increase the temperature to 220°C and allow it to glaze basting occasionally with the wine.

Notes:

1. A whole gammon weighs between 6-8 kgs.
2. It will produce about 40 or more slices.
3. The ham may be served with a well seasoned demi-glace to which some of the braising liquor has been added. Also Madeira sauce which is most usual accompaniment. It can also be served with a variety of garnishes, eg spinach, braised lettuce, endives, vegetable purees, noodles, spaghetti or gnocchi.

4. Ham, is the hind leg of a pig cut from the whole carcass then cured and separately matured. Some of the best known are York, Parma, Virginia and Westphalian.

FARCE/MOUSSE

5. HAM CORNETS 8 PORTIONS

Ingredients

Gammon cooked	600 g
<u>Ham mousse or liver pate</u>	600 g
<u>Aspic jelly</u>	125 ml

Method

1. Cut the ham into 8 thin slices.
2. Roll each slice round a cornet mould to form a cone.
3. Remove the cones from the moulds and fill each one with ham mousse or liver pate using a piping bag and star tube.
4. Place the cornets onto a wire grill and mask with aspic jelly on the point of setting.
5. Arrange the cornets on a jellied oval dish with all the points inwards and decorate for service.

6. HAM MOUSSE 8 PORTIONS

Ingredients

Lean ham (cooked)	200 g
<u>Chicken veloute</u>	250 ml
Double cream	
<u>Chicken aspic</u>	250 ml
Butter	5 g
Paprika	
Salt	
Pepper	

Method

1. Mince the ham through a fine plate several times. Melt the butter and mix in the paprika, salt and pepper.
2. Gradually add the veloute and the melted butter to the ham then pass the mixture through a fine sieve into a basin on a bed of ice.
3. Add half the aspic jelly and mix thoroughly.
4. Half whip the cream and fold it into the mixture. When on the point of setting, fill into jellied decorated charlotte, dariole or bombe moulds.
5. Allow to set, turn out onto a jellied dish and garnish for service.

To prepare the moulds:

1. Place the moulds into crushed ice.
2. Pour sufficient jelly into each mould to completely fill it.
3. Allow the jelly to set approximately 3 mm thick then pour out the remainder and decorate the moulds.

Note: To turn out the mousse, dip the moulds into very hot water for 2 seconds to release the jelly from the sides of the moulds.

FRIED

7. HAM CROQUETTES 10 PORTIONS

Ingredients

Ham (cooked trimmings)	500 g
<u>White sauce</u>	250 ml

Eggs	4
Flour	50 g
White breadcrumbs	150 g

Salt

Pepper

Method

1. Mince the ham through a coarse plate. Separate the yolks of the eggs from the whites.
2. Boil the white sauce, add the chopped ham and reboil.
3. Remove from the heat, stir in the yolks from 2 of the eggs and adjust the seasoning.
4. Pour onto a flat tray and put in a cool place.
5. Cover with greaseproof paper and allow to go cold.
6. Divide the mixture into 20 pieces allowing 2 per portion and place in a refrigerator to become firm.
7. Mould into balls with the aid of a little flour, pass through egg wash and breadcrumbs and roll into croquette shape.
8. Using a frying basket deep fry in hot oil until crisp and golden brown.

GRILLED

8. GRILLED GAMMON STEAKS

Ingredients

Gammon	1 whole

Method

1. Cut the gammon into steaks.
2. Remove the rind and brush the steaks with oil.
3. Place under a grill and cook for about 8 minutes turning once.
4. Cut into portions and serve with an appropriate garnish.

Notes:

1. Gammon steaks should be cut approximately 10 mm thick.
2. The steaks may be served with any of the following: grilled pineapple rings, peach halves, grilled tomatoes, peas, pease pudding or spinach.

PASTRY COVERED

9. STEAMED BACON ROLL 10 PORTIONS

Ingredients

<u>Suet paste</u>	800 g
Bacon rashers	500 g
Onions	150 g
Parsley (chopped)	
Sage	
Salt	

Method

1. Peel the onions and cut the flesh into dice.
2. Roll out the paste into 300 mm squares 5 mm thick. Place the bacon on squares and sprinkle with the onions, parsley, sage and seasoning.
3. Damp the edges of the paste with water, roll up and place into greased pudding sleeves.
4. Cook in a steam oven for about 2 hours then cut into portions and serve with piquant sauce separately.

PART 2 - KITCHEN

CHAPTER THIRTEEN

Offal

BOILED

1. Ox Tongue
2. Tripe and onions

BRAISED

3. Heart
4. Sweetbreads
5. Oxtail

FARCES/MOUSSE

6. Liver pate (mousse)
7. Liver pate (coarse)
8. Liver pate (fine)

FRIED

9. Liver and bacon
10. Liver and onions
11. Sweetbreads English style

GRILLED

12. Lambs kidneys

SAUTE

13. Chicken livers and rice
14. Kidney Bercy
15. Kidneys Bonne Femme
16. Kidneys Portuguese
17. Kidneys Turbigo
18. Stewed kidneys on fried bread

INTRODUCTION

1. Offal is any part of the animal removed from the carcass in the process of dressing, it does not include the hide or skin.
2. Edible offal consists of the following: brains, chitter-lings (pigs intestines) feet or trotters, head, heart, kidney, liver, lungs (lights), oxtail, spleen (melts) tongue and tripe.
3. The structure of offal varies according to the particular type and use in the body. Thus the heart, oxtail, tongue and tripe which are used for active work are of a different make-up from kidney and liver which are used for storage.
4. Offal has poor keeping quantities therefore it should be cooked as soon as possible. Offal received in the frozen state should not be thawed too soon in advance of requirement.

NOTES TO THE RECIPES

Tongue

5. Ox and lamb's tongues are the most common, calf's and pig's tongue usually being sold with the head.
 - a. **Ox tongue.** Ox tongue is the largest and can weigh between 1 kg and 2 kg. It can be purchased fresh, salted or frozen and after soaking, is cooked whole and usually served cold.
 - b. **Lamb tongue.** Lamb tongue is much smaller and weighs only about 200 g

Tripe

6. Tripe is obtained from the first and second stomach of a ruminant, *especially an ox. There are two common types of tripe available, each at which have their own particular qualities. All tripe should be thick, firm and white and it is usually sold "bleached" (cleaned and dressed) and partly boiled. Additional cooking times will vary according to the length of time of the pre-cooking.

* An animal that chews the cud (food matter) regurgitated from its rumen (first stomach).

- a. **Smooth tripe.** From the rumen, which is the first stomach of the ox, smooth or blanket tripe is considered to have a lesser eating quality than best quality honeycomb tripe.
- b. **Honeycombe tripe.** From the reticulum, which is the second stomach of the ox, honeycomb tripe is considered to have good eating qualities.

Notes:

1. A third type of tripe is also available which comes from the omasum or "true stomach" of the ox. This is reddish brown in colour and is not considered to have such good eating qualities as the other types of tripe.
2. Tripe is also sometimes available from the sheep. It is of a dark colour and may be boiled or braised in the same way as the ox tripe.

Heart

7. The hearts of various animals are sold whole and those from the smaller animal groups will normally yield one portion per heart. From larger animals the heart is either portioned after cooking whole or cubed before cooking, thereby giving more than one portion per heart. The heart is a highly muscular organ and tends to be tough therefore best results are achieved by braising, pot roasting, casseroles or stewing.

a. **Ox heart.** This is the largest of the hearts and can weigh between 1.8 kg and 2.2 kg. It is solid in texture, dark in colour and also tends to be dry and tough. Can be cubed before cooking or halved and sliced after cooking.

b. **Calf's heart.** Because this comes from a younger animal, it is lighter in colour and more tender.

c. **Sheep's heart.** Dark in colour and dense in texture, these can be dry and tough and require careful cooking.

d. **Lamb's heart.** Smaller and lighter in colour and weight than the sheep's heart, lamb's heart is normally served whole and is quite tender after cooking.

Sweetbreads

8. There are 2 types of sweetbreads, which are glands located within the body of either a calf, lamb or ox. These are:

a. **Neck.** Thymus which are located in the neck and they are considered of inferior quality to heart.

b. **Heart.** Pancreas which are located near the stomach. They are considered of superior quality to the thymus.

9. The thymus is usually long in shape and can be easily identified from the pancreas which is, heart shaped. Both types are valuable as foods, are easily digested and are useful for building and repairing tissues. General qualities to look for are: they should be fleshy and large, creamy white in colour and have a pleasant, if strong smell, which will diminish with cooking.

a. **Calf's sweetbreads.** These are considered the finest in flavour and texture. The pancreas sweetbread can weigh as much as 750 g and should be round and plump.

b. **Lamb's sweetbreads.** Smaller, with less pronounced flavour, the pancreas sweetbreads weigh up to 100 g.

c. **Ox sweetbreads.** These are large and tough, have a strong flavour and require longer cooking times than lamb's or calf's sweetbreads to tenderise them.

Kidney

10. Kidney is a nutritious and economical offal and is a classic partner to steak in traditional pies and puddings. There are a number of varieties available, each of which can be cooked and served in several different ways:

a. **Ox kidney.** This is large and coarse and can weigh up to 600 g. It is usually tough, has a strong flavour and is dark red in colour. Ox kidney is really only suitable for slow, moist cooking as an accompaniment to other meats in pies, puddings, stews and casseroles.

b. **Calf kidney.** Considered the best in terms of quality, calf's kidney is light in colour, delicate in flavour, is quite tender and can be braised or stewed in a variety of dishes.

c. **Lamb's kidney.** The best for grilling, lamb's kidney is light brown in colour, has a very delicate flavour and is ideal for grilling or frying. Sheep's kidney should not be confused with lamb's and can easily be differentiated by its darker colour and stronger flavour.

d. **Pig's liver.** This is dark in colour and longer and thinner than lamb's kidney. Having quite a strong flavour, pig's kidney is not as popular as the others. However, it

may be grilled or fried in halves or cut up and used for stews and casseroles.

Liver

11. Liver is a valuable protective food and a rich source of vitamin A and iron. It can be prepared and cooked in a number of ways and is a versatile and popular offal.

a. **Ox liver.** This is a large organ taken from an older animal and it can be coarse in texture and strong in flavour. It is best soaked in milk to mellow the strong flavour, after which it may be stewed or braised. It is not recommended for grilling or frying but can be used this way if cut into thin strips and cooked carefully.

b. **Calf's liver.** This is considered the best for tenderness, delicacy of flavour and colour. It is a pale milky brown in colour and is soft to the touch. Best eaten cut into strips and served lightly grilled or fried with a suitable accompaniment.

c. **Lamb's liver.** This has a mild flavour, is quite tender and is pale pinkish brown in colour. A dark liver denotes that it may come from an older animal (mutton) and cannot be compared with the eating quality of lamb's liver. Like calf's liver, lamb's liver is best cut into strips and served lightly grilled or fried, again with a suitable accompaniment.

d. **Pig's liver.** This has a strong flavour, is soft in texture and is pinkish brown in colour. It is not considered as good as calf's or lamb's liver, but may still be grilled or fried in the same way. It is often better used in pates or included in stews and casseroles.

Oxtail

12. Usually brought ready skinned and weighing approximately 1.4 kg, oxtail has less lean red meat and a covering of firm white fat. Excess fat should be removed and the tail sectioned before cooking. Cooking times are lengthy to ensure tenderness and oxtail is excellent braised or casserole, served in a rich sauce. Oxtail is also used as the basis for oxtail soup.

Beef marrow

13. The marrow contained in the large thigh and shoulder bones of the ox is considered a delicacy. The bones are sawn into manageable lengths and the marrow can be cut into slices, poached and used as a garnish for certain dishes. Alternatively, the end of the marrow bone can be sealed with flour and water paste and the bone poached, after which the marrow can be extracted and served as an hors d'oeuvre.

BOILED**1. BOILED OX TONGUE**
10 PORTIONS*Ingredients*

Pickled Ox Tongue	1-2
according to size (see notes)	
<u>Madeira sauce</u>	500 g

Method

1. Soak the tongue in cold water for 3 hours.
2. Drain and place it in a saucepan. Cover with cold water, bring to the boil, skim and simmer for 3 hours.
3. Remove the tongue from the pan, allow it to cool for 15 minutes then remove the skin and trim the root.
4. Slice and serve with a Madeira sauce.

Note: If the tongue is to be served cold, cover it with greaseproof paper and allow to cool. Arrange the tongue in the required shape. This can be flat on a board under light pressure or in the shape of a boot by means of a frame. When completely cool it can be decorated and glazed with aspic. Ox tongues can weigh up to 2 kg; allow up to 200 g uncooked weight per portion.

2. TRIPE AND ONIONS
10 PORTIONS*Ingredients*

Dressed tripe	1 kg
Milk 500 ml	
Water	500 ml
Onions	400 g
<u>Beurre Manie</u>	110 g
Salt	
Pepper	

Method

1. Wash the tripe and cut it into 5 cm squares. Peel and slice the onions.
2. Blanch and refresh.
3. Put the tripe, and the milk and water into a pan with the sliced onion.
4. Bring to the boil, add seasoning and simmer for 2 hours.
5. Thicken the liquid with the beurre manie, continue to simmer for a further 10 minutes then adjust the seasoning and serve.

Notes:

1. Tripe comes from the first or second stomach of an animal.
2. There are 3 kinds, honeycomb, blanket and thick seam, honeycomb is probably the best known.
3. It is usually sold "dressed" which means it has been cleaned and par-boiled.

BRAISED**3. BRAISED STUFFED SHEEP'S HEARTS**
10 PORTIONS*Ingredients*

Sheep's hearts	10
Back fat	100 g
<u>Parsley and thyme</u>	500 g
<u>Stuffing</u>	
Onions	150 g
Carrots	150 g
<u>Brown sauce</u>	500 ml
<u>Brown stock</u>	500 ml

Parsley (chopped)

Oil

Salt

Pepper

Bouquet garni 1 small

Method

1. Trim the hearts by removing the arteries, wash thoroughly in salt water and fill them with the stuffing.
2. Cover the openings with back fat and tie securely.
3. Peel the carrots and the onions, cut them into rough dice and shallow fry them together.
4. Place the hearts and the vegetables into a braising pan and add the bouquet garni, brown sauce and brown stock.
5. Bring to the boil and braise in an oven at 180°C for 2 hours.
6. Transfer the hearts to a warm serving dish, pass the sauce through a fine strainer, skim and adjust the consistency and seasoning.
7. Mask the hearts with a little sauce and sprinkle with chopped parsley for service. Serve the remaining sauce separately.

Notes:

1. Ox hearts can also be prepared in this way, however, they will take up to 4 hours braising.
2. Each ox heart weighs 1.8 kg - 2.2 kg which will produce up to 9 portions.
3. When cooked the ox heart should be cut in half and carved lengthways.

4. BRAISED SWEETBREADS
10 PORTIONS*Ingredients*

Sweetbreads (calfs or lambs)	1.2 kg
Carrots	150 g
Onions	150 g
<u>Jus lie</u>	1 ltr
Butter	25 g

Method

1. Peel the carrots and onions and cut them into thick slices. Wash the sweetbreads under running cold water until all traces of blood have been removed.
2. Place them in a saucepan, cover with cold water, bring to the boil and simmer for 10 minutes. Refresh in cold water and allow to go cold.
3. Trim off all superfluous skin and tissue. Press the sweetbreads under a light weight for about 2 hours.
4. Place the sweetbreads on the sliced vegetables in a braising pan. Brush with butter and set in an oven at 220°C.
5. Reduce the temperature of the oven to 180°C, add the jus lie to the sweetbreads cover with a lid and cook for 45 minutes.
6. Remove the lid, baste and glaze the sweetbreads.
7. Remove the sweetbreads from the pan, strain the jus lie and serve with an appropriate garnish.

Notes:

1. Sweetbreads are the pancreas or thymus glands of animals. The pancreas ones are larger and rounder and better than those of the thymus which are long and thin.
2. Appropriate garnishes are:
 - a. Judic - Stuffed tomatoes, braised lettuce, slices of truffle coated with Madeira sauce.

- b. Princess - Artichoke bottoms, filled with poached beef marrow served with Bordelaise sauce.

5. OXTAIL
8 PORTIONS

Ingredients

Oxtails	2
Onion	200 g
Carrot	200 g
Flour	50 g
Tomato puree	25 g
<u>Brown stock</u>	1 ltr
Bouquet garni	1 small
Garlic	1 clove
Oil	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Peel the carrots and onions, cut them into dice and shallow fry to a golden brown. Place in a braising pan.
2. Cut the oxtails into sections. Remove any excess fat and shallow fry the sections in hot fat. Place in a braising pan.
3. Mix in the flour, tomato puree and stock.
4. Bring to the boil, add the bouquet garni and seasoning, peel, crush and add the garlic. Cover with a lid and simmer in the oven at 180°C for 3 hours until tender.
5. Transfer the meat from the sauce to a warm serving dish.
6. Adjust the seasoning and consistency of the sauce, strain and pour it over the meat. Garnish with chopped parsley for service.

Note: Oxtails weigh approximately 1.4 kg and each one is sufficient for 4 portions.

FARCES/MOUSSES

6. LIVER PATE MOUSSE
10 PORTIONS

Ingredients

<u>Liver pate</u>	100 g
<u>White sauce</u>	50 ml
Leaf gelatine	10 g
Cream	75 ml

Method

1. Sieve the liver pate and white sauce together through a fine mesh and place in a basin on ice.
2. Soak and melt the gelatine.
3. Half whisk the cream.
4. Stir the gelatine thoroughly into the pate mixture.
5. Fold in the whipped cream, the mousse is now ready for use.

7. LIVER PATE (COARSE)
10 PORTIONS

Ingredients

Liver (calves, sheep or pigs)	200 g
Belly of pork	200 g
Fresh cream or evaporated milk	75 ml
Brandy	50 ml
Garlic	1 clove
Back fat	200 g
Salt	

Pepper

Method

1. Dice the pork and peel and crush the garlic.
2. Cut the liver into small pieces then mince these ingredients through a medium coarse plate.
3. Add the cream, brandy and seasoning.
4. Line an earthenware dish with thin slices of back fat.
5. Fill with the mixture and cover with thin slices of back fat.
6. Place the dish into a baking tray half filled with boiling water and bake in an oven at 180°C for 2 hours then press down with a weight for one hour.
7. Remove the weight and leave to go cold.

Note: Sherry and chopped truffles may be added at stage 4.

8. LIVER PATE (FINE)
500 GRAMS

Ingredients

Chicken livers	200 g
Belly of pork	200 g
Back fat	200 g
Fresh cream	60 ml
Oil	
Salt	
Pepper	

Method

1. Cut the pork into dice and shallow fry it with the chicken livers.
2. Mince the livers and pork through a fine plate then pass through a sieve.
3. Add the seasoning and the cream.
4. Line an earthenware dish with thin slices of back fat, fill with the mixture and cover with thin slices of back fat.
5. Place the dish into a baking tray half filled with boiling water and bake in an oven at 180°C for 2 hours then press down with a weight for one hour.
6. Remove the weight and allow to go cold.

FRIED

9. FRIED LIVER AND BACON
10 PORTIONS

Ingredients

Liver	1 kg
Flour	100 g
Bacon	400 g
<u>Jus lie</u>	250 ml
Oil	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the liver into thin slices.
2. Pass it through seasoned flour and shallow fry it in oil until just cooked through, then transfer to a warm dish and keep hot.
3. Cook the bacon under a grill and garnish the liver. Surround with jus lie, decorate with chopped parsley and serve immediately.

Note: Ox liver has a strong flavour. This can be mellowed by soaking it in milk for one hour prior to cooking.

10. FRIED LIVER AND ONIONS

10 PORTIONS

Ingredients

Liver	1 kg
Flour	100 g
Onions	400 g
<u>Jus lie</u>	250 ml
Oil	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the liver into thin slices. Peel and slice the onions.
2. Pass the liver through seasoned flour and shallow fry it in oil until just cooked through then transfer to a warm serving dish and keep hot.
3. Saute the onions until tender and golden brown.
4. Garnish the liver with the onions, surround with jus lie, decorate with chopped parsley and serve immediately.

Note: Ox liver has a strong flavour. This can be mellowed by soaking it in milk for one hour.

11. SWEETBREADS ENGLISH STYLE

10 PORTIONS

Ingredients

Sweetbreads	1.2 kg
Flour	50 g
Eggs	3
Breadcrumbs	150 g
<u>Brown butter</u>	100 g
<u>Jus lie</u>	250 ml
<u>Blanc</u>	1 ltr
Salt	
Pepper	

Method

1. Soak the sweetbreads in cold water for 2 hours, then drain and trim them.
2. Simmer them in the blanc for 15 minutes, remove from the heat, allow them to cool in the liquid then wash them in cold water without breaking.
3. Cut the sweetbreads into thick slices.
4. Pass them through seasoned flour, egg wash and breadcrumbs and shallow fry gently in the butter.
5. Serve surrounded by jus lie and masked over with brown butter.

GRILLED

12. GRILLED LAMB'S KIDNEYS

10 PORTIONS

Ingredients

Lamb's kidneys	20
<u>Parsley butter</u>	75 g
<u>Straw potatoes</u>	100 g
Watercress	1 bunch
Oil	
Salt	
Pepper	

Method

1. Remove the skins from the kidneys, cut them in half lengthways and remove the white tubes. Open out the kidneys and skewer through each so that the kidneys form a cup.
2. Place the kidneys on a tray, season and brush with oil.
3. Place the kidney under a grill with the cut sides towards the flame and allow them to cook until the blood percolates through then turn them over and cook the other side.
4. Transfer the kidneys to a warm dish and serve with a slice of parsley butter in each kidney and watercress and straw potatoes around.

Note: Sheep, lamb's and pig's kidneys have a better flavour than ox kidney which is more suitable for pies and stews.

SAUTE

13. CHICKEN LIVERS AND RICE

10 PORTIONS

Ingredients

Chicken livers	500 g
Shallots	25 g
<u>Demi glace</u>	250 ml
<u>Pilaff of rice</u>	400 g
Oil	
Parsley (chopped)	

Method

1. Cut the chicken livers in half and shallow fry them in oil.
2. Peel the shallots, cut them into small dice and fry them with the livers.
3. Add the demi-glace, bring to the boil and remove from the heat.
4. Serve in a border of rice and decorate the livers with chopped parsley.

14. KIDNEYS BERCY

10 PORTIONS

Ingredients

Lamb or veal kidneys	1 kg
Shallots	50 g
White wine	75 ml
<u>Demi glace</u>	250 ml
Butter	50 g
Oil	
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the kidneys into slices, season and shallow fry in oil until just cooked through.
2. Remove the kidneys from the pan to a warm serving dish. Keep hot.
3. Peel and slice the shallots and shallow fry until tender then add the white wine and reduce by half.
4. Add the demi glace and simmer for 2 minutes.
5. Remove from the heat and whisk in the butter.
6. Pour the sauce over the kidneys and serve decorated with chopped parsley.

15. KIDNEY BONNE FEMME 10 PORTIONS

Ingredients

Lamb or Veal Kidneys	1 kg
<u>Glazed button onions</u>	100 g
White wine	75 ml
<u>Demi glace</u>	250 ml
Bacon	100 g
<u>Olivette potatoes</u>	100 g
Parsley (chopped)	
Oil	
Salt	
Pepper	

Method

1. Cut the bacon into lardons, shallow fry them in oil, put them into a warm serving dish and keep hot.
2. Peel the onions cut them into dice, fry them in a little oil with the potatoes and then place with the bacon.
3. Remove the skins from the kidneys, cut them into slices, remove the white tubes, season and shallow fry the slices in oil then put them with the bacon, potatoes and onions. Keep hot. Strain any surplus fat from the pan, put in the white wine, boil and reduce by one third.
4. Add the demi glace return to the boil, pour over the ingredients in the serving dish and serve decorated with the chopped parsley.

16. KIDNEYS PORTUGAISE 10 PORTIONS

Ingredients

Lamb's kidneys	1 kg
Onions	100 g
Tomatoes	400 g
Garlic	5 g
White wine	75 ml
Tomato puree	25 g
<u>Demi glace</u>	250 ml
Oil	
Parsley (chopped)	

Method

1. Cut the kidneys lengthways into halves. Remove the skins and the white tubes.
2. Season the kidneys and shallow fry them until just cooked through then transfer them to a warm dish and keep hot.
3. Peel the onions and cut them into fine dice. Blanch the tomatoes, remove the skins and seeds and cut the flesh into small dice. Peel and chop the garlic.
4. Shallow fry the onions to a golden colour, add the tomatoes, garlic, white wine and tomato puree.
5. Bring to the boil, add the demi glace and simmer for 5 minutes.
6. Pour over the kidneys and simmer for a further 10 minutes until the kidneys are tender. Serve decorated with chopped parsley.

17. KIDNEYS TURBIGO 10 PORTIONS

Ingredients

Lamb's kidneys	1 kg
Chipolata sausages	10
Mushrooms	200 g
Lemon	1

<u>Demi glace</u>	250 ml
<u>Heart shaped croutons</u>	10
Oil	
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the kidneys lengthways in half. Remove the skins and white tubes.
2. Shallow fry the chipolata sausages. Transfer them to a warm dish and keep hot.
3. Peel and scallop the mushrooms and cook them in a little acidulated water. Put them with the sausages.
4. Season the kidneys, shallow fry them in oil and put them into the dish with the sausages and mushrooms.
5. Put the demi glace in the pan used to cook the kidneys, bring to the boil and strain over the kidneys then simmer all the ingredients together for 3 minutes. Transfer to a warm serving dish and garnish with the parsley and heart shaped croutons.

18. STEWED KIDNEYS ON FRIED BREAD 10 PORTIONS

Ingredients

Ox kidneys	1 kg
<u>Brown stock</u>	250 ml
Onions	50 g
<u>Brown sauce</u>	1 ltr
Bread slices	10
Oil	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the kidneys lengthways in half. Remove the skins and the white tubes and then slice the kidneys 5 mm thick. Peel the onions and cut the flesh into dice.
2. Season the kidneys and shallow fry them in oil; fry the onions until tender.
3. Add the brown sauce and brown stock, bring to the boil, cover with a lid and simmer for 45 minutes.
4. Remove the lid, adjust the seasoning and consistency.
5. Fry the slices of bread.
6. Place a portion of stewed kidneys on each slice of fried bread, decorate with chopped parsley and serve immediately.

PART 2 - KITCHEN

CHAPTER FOURTEEN

Poultry

BOILED		ORIENTAL
1. Plain		22. Chicken shop suey
2. Chicken a la king		23. Chicken chow mein
3. Chicken and rice, supreme sauce		24. Deep fried chicken in lemon sauce
4. Chicken minced		25. Deep fried crispy duck
		26. Fried chicken and almonds
BRAISED		27. Honeyed chilli chicken
5. Duck		28. Spiced chicken
		29. Steamed chicken with mushrooms
COLD		30. Stir fried chicken with shallots and onions
6. Chicken Ballotine		31. Stir fried chicken with celery
7. Chicken Coronation		32. Stir fried chicken with cashews
8. Chicken galantine		33. Sweet and sour chicken
9. Chicken Jeanette		
10. Duck with oranges		PASTRY COVERED
		34. Chicken pie (1)
COMPOSITE		35. Chicken pie (2)
11. Chicken pancakes		36. Chicken vol-au-vents
12. Chicken risotto		
13. Turkey pancakes		POT ROAST
CURRIED		37. Chicken casserole
14. Chicken		38. Chicken casserole Bonne Femme
		39. Chicken en cocotte Grandmere
FRIED (DEEP)		40. Chicken Poêle Mascotte
15. Chicken croquettes		
16. Chicken Kiev		SAUTE
17. Chicken, southern fried		41. Chicken sauté Chasseur
		42. Chicken sauté Marengo
FRIED (SHALLOW)		
18. Chicken Maryland		STEW
19. Chicken supreme with various garnishes		43. Coq au vin
		44. Chicken, fricasse
GRILLED		
20. Chicken		ROAST
21. Chicken American style		45. Chicken
		46. Guinea fowl
		47. Turkey
		48. Duck
		49. Goose

INTRODUCTION

1. The term poultry covers any domestic bird that has been bred for the table. Varieties that are commonly available are: chicken, duckling, goose, guinea fowl and turkey. The following detailed handling instructions for chicken can equally be applied to all other domestic fowl.

CHICKEN

2. The most popular poultry produced is chicken. Whether purchased fresh or frozen, whole or jointed, nearly all chicken is "oven ready" that is they have been killed, drawn (eviscerated), plucked and have had their heads and feet removed ready for cooking. It is still possible to obtain fresh chicken that have not been prepared for the oven.

HANDLING

3. **Frozen Poultry.** Quick frozen (QF) poultry should be transferred from delivery point to freezer immediately on receipt to avoid the danger of thawing. On receipt, frozen poultry should be completely frozen. Check that the packaging around the bird is undamaged and that there is no evidence of bruising or freezing burn; look also for any evidence of defrosting and refreezing: telltale signs of this are ice particles clinging to the inside of the bag or frozen and blood stained water around the bottom of the bird.

Freezer burn: damage caused by long storage and poor wrapping. The result is a removal of juices and moisture leaving greyish-brown spongy areas on the meat.

4. **Fresh Poultry.** Fresh poultry must be stored in a refrigerator, kept covered to prevent dehydration and used within 3 days of receipt.

5. **Cooked Poultry.** Cooked poultry should also be stored in a refrigerator and kept wrapped to prevent dehydration and cross contamination. It should be eaten within one day of cooking or if commercially produced, consumed by the eat by date displayed on the wrapping or packaging.

STORAGE TIMES

6. As a guide, the following storage times for frozen, or cooked chicken should be applied when deep freezing:

- a. Frozen Chicken 3 months
- b. Frozen Chicken joints 3 months
- c. Boiling Fowl 9 months
- d. Cooked Chicken 3 months
- e. Chicken Livers 2 months

PREPARATION

7. As with all frozen meats, it is essential to ensure that frozen chicken is thoroughly defrosted before cooking. Frozen chicken can be defrosted in its wrapping or unwrapped. As a guide, a 1.5 kg bird will take approximately 32 hours to defrost in a refrigerator at 4.5°C. On no account should poultry be defrosted by being plunged into water or have running hot water poured over the carcass. This can toughen the meat and also cause harmful bacteria to multiply.

8. To check that the bird is completely defrosted, remove the wrapping and withdraw the bag containing the giblets from the body cavity. If there are any ice crystals remaining inside the body cavity and the limbs are stiff, the bird will require a further period of defrosting. A lack of ice crystals and flexible limbs indicate a bird ready for cooking.

9. Once thawed, chicken quickly becomes particularly perishable. It should be cooked and consumed as soon as possible.

COOKING

10. Chicken is an extremely versatile meat. Used whole or in portions, on or off the bone, it can be cooked and served in many different ways. It is also a nutritious meat and a good source of protein, iron and several of the B vitamins. Served skinless, it is regarded as a low calorie food which forms the basis for many low calorie diets. White meat when roasted skinless contains only 142 kcals per 100 g. Boiled or poached it contains 163 kcals per 100 g. Dark or leg meat gives only a small increase in calories.

11. Chicken should always be thoroughly cooked. To test for cooking, insert a skewer or the point of a knife right into a joint (thickest part of the thigh). If the juices that run out are clear then the bird is cooked. If there is any trace of blood or discolouration in the juices then the cooking process should be continued for a further period of time, then the meat tested again. Correct observation of weights, cooking times and temperatures should remove any guess-work from the cooking process!

COOKING TIMINGS

12. Various cooking methods can be used and the following table gives approximate cooking times for each method:

Oven Roasting:	1.5 kg: 1¼ hours at 220°C.
Spit Roasting:	1.5 kg: 1 hour, medium fast temperature.
Grilling:	10-15 minutes per side, 10 cm from hot heat
Shallow Fry:	15-20 minutes per side, fairly hot fat.
Deep Fry:	about 15 minutes total, fairly hot fat.
Casserole:	30-40 minutes for joints, 1¼ hours for a whole bird at 180°C

13. Chicken can also be cooked in a microwave oven. Check with the manufacturers instructions regarding defrosting and cooking times. As a guide; before cooking, rub in fat, sprinkle with seasoning and cover with a roasting bag or greaseproof paper. After cooking, allow the chicken to stand or enable the complete cooking process to take place: 5 minutes for joints, 20 minutes for whole birds.

GENERAL POULTRY GUIDE

POUSSIN. Baby chicken, 4 to 5 weeks old and up to 400 g in weight. One bird gives one portion. Roast, spit, roast, grill.

DOUBLE POUSSIN. 6 to 7 weeks old, average weight up to 800 g. One bird gives 2 portions, cook as for poussin.

SPRING CHICKEN. 7 to 8 weeks old, average weight 1 kg. One bird gives 3 portions. Roast.

ROASTING CHICKEN. Also known as a broiler, over 8 weeks old, 1.2 kg to 1.6 kg gives 4 portions, 1.6 kg to 2.4 kg gives 6 portions. Roast, grill, fry, bake or casserole.

BOILING CHICKEN. An older bird, usually a hen after the laying season is over, about 8 months old. Weight up to 2.4 kg. Is meaty but fatty and is best for stews or casseroles. A cheap meat.

CAPON. Young castrated cock bird, which has been fattened for eating and bred for its proportion of good flavoured flesh. 10 to 12 weeks old, 2.4 kg to 3.2 kg. Large roast.

DUCK. Weight 1.6 kg to 2.5 kg. Does not serve as many as a similar weight of chicken due to the high proportion of fat and bone. A 2.5 kg duck will serve 4 portions. Available all year round. Fatty, best roasted but can be braised or casseroled.

DUCKLING. Young duck, 1.4 kg to 1.6 kg. Roasted will serve 2 portions.

GOOSE. Considered by some to be the best of all poultry. A fatty bird with creamy white flesh which cooks to a light brown and has a distinctive flavour. Average weight 2.4 kg to 4.8 kg and serves less per kg than chicken allow 250 g to 350 g per portion raw weight. Available fresh and frozen.

GOSLING. Also known as green goose, not more than 6 months old. Treat as for goose.

GUINEA FOWL. Originally a game bird with grey plumage, with a purple tinge, spotted white, now bred for the table oven ready. Fresh birds should be hung for several days. Flesh firm and creamy white reminiscent of a pheasant. Squabs up to 500 g, chicks up to 900 g, fowls 1.5 kg. Best between February and April but available all year round. Roasting, braising, casserole.

BOILED**1. PLAIN BOILED CHICKEN**
8 PORTIONS*Ingredients*

Chickens	2x1.2 kg
Onions	50 g
Carrots	50 g
Bouquet garni	1 small
Salt	

Method

1. Prepare and truss the chickens. Place them in a saucepan.
2. Cover with cold water, add salt, bring to the boil, skim and add the vegetables with the bouquet garni.
3. Simmer for 45 minutes approximately. Leave in the liquid until required.
4. Lift the chicken from the liquor, remove the skin and cut into portions.

2. CHICKEN A LA KING
8 PORTIONS*Ingredients*

Chickens (boiled)	2x1.2 kg
Yolks	4
Sherry	75 ml
Pimento (tinned)	25 g
<u>Chicken veloute</u>	500 ml
Cream	125 ml
Butter	50 g
Salt	
Pepper	

Method

1. Cut the boiled chicken into small scallops and warm it in a hot butter in a saucepan.
2. Add the sherry, the veloute and seasoning and bring to the boil ensuring the chicken is piping hot.
3. Stir the yolks and cream together and add a little of the boiling sauce to the liaison then add the liaison to the dish. Do not allow the sauce to boil or it will curdle.
4. Cut the tinned pimentos into dice, add them to the sauce and serve.

3. BOILED CHICKEN AND RICE WITH SUPREME SAUCE
8 PORTIONS*Ingredients*

Chickens	2x1.2 kg
Onions	200 g
Carrots	100 g
Bouquet garni	1 small
Margarine	100 g
Flour	100 g
Cream	125 ml
<u>Pilaff of Rice</u>	10 portions
Salt	
Pepper	

Method

1. Prepare the chicken, place it in a saucepan and cover it with cold water, add the salt, bring to the boil, skim and add the vegetables with the bouquet garni.
2. Simmer for 45 minutes approximately then leave it in the liquor until required.
3. Prepare a blond roux with the margarine and flour. Add the cooking liquor gradually to form a smooth sauce. Cook the sauce for 30 minutes. Pass through a conical strainer, reboil then adjust the seasoning and consistency and add the cream.
4. Remove the skin and carve the chicken, place the portions on a bed of rice, mask over with a little of the sauce and serve the remainder separately.

4. MINCED CHICKEN
8 PORTIONS*Ingredients*

Chicken (boiled)	2x1.2 kg
<u>Chicken veloute</u>	500 ml
Cream	75 ml
<u>Duchesse potato</u>	400 g
Salt	
Pepper	
Parsley	

Method

1. Remove the bones and skin from the chickens and pass the flesh through a mincer using a medium plate.
2. Boil the veloute, add the minced chicken and reboil.
3. Remove from the heat and add the cream. Adjust the seasoning and consistency and serve decorated with chopped parsley in a border of Duchesse potatoes.

BRAISED**5. BRAISED DUCK WITH PEAS**
8 PORTIONS*Ingredients*

Ducks	2x2.5 kg
Button onions	24
Lardons of bacon	250 g
Fresh peas	250 g
<u>Jus lie</u>	500 ml
Oil	
Parsley (chopped)	

Method

1. Clean the ducks and partly roast them with the giblets to a golden colour for 30 minutes.
2. Boil the jus lie in a deep saucepan and place in the ducks so that they are three quarters covered.
3. Pour off the fat from the roasting tin, mix the remaining residue with the stock, then add to the sauce.
4. Cover the saucepan with a lid and braise for one hour until the ducks are tender.
5. Blanch and fry the lardons, braise the button onions and blanch the peas in boiling salted water and refresh.
6. When the ducks are tender, remove them from the sauce, and cut them into portions.
7. Place the portions into an earthenware casserole and add the lardons, button onions and peas.
8. Strain the sauce, remove the fat from the surface and adjust the seasoning and consistency.
9. Pour the sauce over the ducks and the garnish. Cover with a lid and simmer for 10 minutes until the peas are cooked.

- Decorate with chopped parsley and serve in the casserole.

COLD

6. CHICKEN BALLOTINE

8 PORTIONS

Ingredients

Chicken	2x1.2 kg
Cooked lean ham	50 g
<u>Pork sausage meat</u>	500 g
Pistachio nuts	5 g
Pork back fat	50 g
Carrots	25 g
Onions	25 g
<u>Aspic jelly</u>	250 ml
Oil	
Salt	
Pepper	

Method

- Sleeve bone the chicken, lay it out flat, remove the fillets along the breast and season.
- Blanch and skin the pistachio nuts, cut them in half lengthways and mix them with the sausage meat.
- Place half of this into the chicken.
- Wrap strips of ham and fillets of chicken in thinly sliced back fat and lay lengthways on sausage meat.
- Add the remainder of the sausage meat, forcing some into the leg cavities from which the bones have been removed.
- Reform the chicken, and tie it with string.
- Place the chicken on a bed of roots, season and baste with oil.
- Cook for 1½ hours in a moderate oven basting frequently.
- When the ballotine is cooked allow it to cool then stand it in a refrigerator to chill prior to glazing it with aspic jelly.
- Serve it decorated on a jellied dish and garnished with aspic jelly croutons.

7. CORONATION CHICKEN

8 PORTIONS

Ingredients

Cooked chicken	2x1.200 g
<u>Mayonnaise</u>	500 ml
Apricot halves	100 g
<u>Curry sauce</u>	125 ml
Lemon	1
Rice	200 g
Peas	100 g
Cucumber	1
Vinaigrette	75 ml

Method

- Remove the skin and the bones from the chickens and cut the flesh into scallops.
- Puree the apricot. Squeeze the juice from the lemon.
- Mix together in a bowl the mayonnaise, curry sauce and apricot puree. The sauce should not have a pronounced or prominent flavour of any of the ingredients.
- Peel the cucumber and cut it into 5 mm dice.
- Cook the peas in salted boiling water until tender. Drain and refresh them.

- Boil the rice, refresh and drain it well.
- Mix the peas, cucumber, rice and vinaigrette together to a form a rice salad.
- Combine the chicken with half the sauce and place it on a warm serving dish with the rice salad around the outside.
- Dilute the remainder of the sauce with the lemon juice.
- Mask a little of the sauce over the chicken and serve the remainder in a sauce boat.

8. GALANTINE OF CHICKEN

8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Lean veal	400 g
Belly or hand of pork	400 g
Egg	1
Cooked lean ham	100 g
Cooked tongue	100 g
Bacon fat	100 g
<u>Chicken aspic</u>	500 ml
<u>Chicken stock</u>	2 ltr

Method

- Clean the chicken.
- Remove the bones from the chicken by cutting lengthways along the back following the bones of the carcass remove the skeleton. Remove the bones and gristle from the legs and wings.
- Remove the skin as a whole piece from the meat and separate the dark meat from the white.
- Lay out the skin on a damp cloth with the inside of the bird facing upwards.
- Separate the fillets from the chicken breasts and put them to one side. Flatten the remainder of the white meat with a cutlet bat and lay it on the skin.
- Prepare the filling by passing the veal, pork and dark chicken meat through a mincer twice using a fine plate. Add the egg and seasoning and mix together then place half of the mixture in a 150 mm wide strip down the centre of the white meat.
- Cut the ham, tongue, bacon fat and chicken fillets into 5 mm strips and arrange these evenly on the filling and then cover with the remaining filling.
- Wrap the filling neatly in the chicken skin and roll it up in a cloth to a cylindrical shape 200 mm long by 100 mm in diameter.
- Tie the cloth tightly at both ends and place a loose string around the centre.
- Place the galantine into chicken stock, bring it to the boil and simmer for 1½ hours.
- Remove the galantine from the stock, untie the cloth, re-roll and re-tie both ends. Press with a light weight until cold.
- Remove the cloth and decorate the galantine with either chicken aspic or chaud froid sauce for service.

9. SUPREME OF CHICKEN JEANETTE

8 PORTIONS

Ingredients

Chicken supreme	8
Carrots	100 g

Onions	50 g
Stick of celery	1
Bouquet garni	1 small
Salt	
<u>Chicken chaudfroid sauce</u>	1 ltr
<u>Aspic jelly</u>	1.5 kg
<u>Liver Pate mousse</u>	400 g
Tomatoes small	8
Asparagus tips	24
Pimento (tinned)	

*Method***a. Supreme:**

1. Peel the onions and carrots, clean the celery.
2. Trim the supremes but do not remove the skin. Cover them with cold salted water, bring to the boil, skim and add the carrots, onion, celery and bouquet garni.
3. Simmer the supremes until cooked then remove them from the stock and allow them to cool before pressing them flat with a light weight. Use the stock to make a chaud froid sauce.
4. Trim the supremes neatly and clean the wings then refrigerate them for one hour before masking them with the chaudfroid sauce. When the chaudfroid sauce has set decorate the supremes and glaze them with aspic jelly.
5. Chill a bombe mould and chemise it with aspic jelly.
6. Decorate the sides with liver pate rolls.
7. Fill the mould with liver pate mousse to within approximately 10 mm of the top and allow it to set.
8. Cover the top with a layer of aspic jelly.
9. Pour a thin layer of aspic jelly onto a round serving dish and allow it to set.
10. Place the liver pate bombe in the centre and surround it with the decorated supremes.
11. Garnish with decorated and glazed tomatoes and asparagus points.

*Method***b. Liver pate rolls**

Liver pate	200 g
Larding fat	200 g
1. Place thin slices of larding fat 20 cm long by 7 cm in diameter on pieces of clean cloth.
 2. Pipe liver pate mixture on to the larding fat approximately 20 cm in diameter.
 3. Roll the fat around the pate, encase in a pudding cloth and tie at both ends.
 4. Place the pate rolls in simmering stock and poach for one hour.
 5. Remove the rolls from the stock and allow them to cool slightly, then re-roll and tie them tightly.
 6. When they are cold remove the cloth and re-cover with greaseproof paper.
 7. Refrigerate and use as required.

10. DUCK WITH ORANGES

10 PORTIONS

Ingredients

Duck (oven ready)	2.5 kg
<u>Liver pate mousse</u>	200 g
<u>Orange jelly</u>	500 ml
Mandarin oranges	1 small tin
<u>Ham cornets</u>	4
<u>Aspic jelly</u>	1 ltr

<u>Socle</u>	1
Oil	
Salt	
Pepper	

Method

1. Place the duck in a roasting dish, baste it with oil, season and cook in an oven at 200°C.
2. Remove the duck from the oven allow it to cool and then remove the meat from the breast.
3. Reshape the breast using the liver pate mousse.
4. Cut the breast meat into thin slices and using a pastry cutter cut the slices into semi-circles from 4 cm to 9 cm in diameter and overlap neatly over the mousse.
5. Pipe liver pate mousse along the centre of the breast and then decorate with mandarin segments.
6. Glaze with aspic jelly on the point of setting.
7. Cut the orange in half and scoop out the flesh and pith.
8. Fill the halves with the orange jelly and allow to set.
9. Decorate the socle with mandarin segments, glaze with aspic on the point of setting.
10. Present the duck mounted on the socle on a jellied serving dish. Garnish with ham cornets and the orange jelly cut into segments and croutons of orange jelly.

COMPOSITE

11. CHICKEN PANCAKES

10 PORTIONS

Ingredients

<u>Pancake batter</u> (without sugar)	1 ltr
Chicken (cooked)	800 g
Button mushrooms	125 g
<u>Supreme sauce</u>	250 ml
Lemon	1
Butter	25 g
Salt	
Pepper	

Method

1. Prepare and cook the pancakes allowing 2 per person. Keep them hot.
2. Cook the mushrooms in acidulated water with a little butter.
3. Cut the chicken into dice, slice the mushrooms thinly, add both to the sauce and simmer for 3 minutes. Adjust the seasoning.
4. Place an equal amount of the filling in each pancake and roll them up sealing the ends.
5. Arrange them on a hot serving dish and serve immediately.

12. CHICKEN RISOTTO

10 PORTIONS

Ingredients

Chicken (cooked)	500 g
Pimento (tinned)	50 g
Onions	50 g
Short grain rice (arborio)	400 g
<u>White stock</u>	1.5 ltr
Bayleaf	1
Butter	25 g
Oil	
Salt	
Pepper	

Method

1. Cut the chicken into scallops and finely dice the pimento.
2. Peel and finely chop the onions and cook in the oil without colouring.
3. Add the rice, the stock and seasoning and bring to the boil. Add the bayleaf and simmer on a low heat stirring occasionally adding extra stock if the rice becomes too stiff.
4. When cooked the rice should still be moist.
5. Add the butter stir lightly with a fork and serve.

Notes:

1. Do not wash rice for risotto, pick it over carefully and remove any husks.
2. When cooked the rice grains should be nicely firm.
3. A successful risotto cannot be made using long grain patna rices which become fluffy and remain separate after the cooking process.

13. TURKEY PANCAKES

10 PORTIONS

Ingredients

<u>Pancake batter</u> (without sugar)	1 ltr
Green peppers	125 g
Butter	50 g
Turkey (cooked)	750 g
Ham (cooked)	200 g
White sauce	250 ml
Grated cheese	250 g
Salt	
Pepper	

Method

1. Prepare and cook the pancakes allowing 2 per portion.
2. Remove the stalks and seeds from the peppers, shred the flesh and saute in the butter until cooked.
3. Cut the turkey and ham into julienne.
4. Simmer the turkey, ham and peppers in the white sauce for 3 minutes.
5. Place an equal amount of the filling in each pancake and roll them up sealing the ends.
6. Place the pancakes in an oil baking tray, cover with grated cheese and cover in an oven at 200°C.
7. Serve immediately.

14. CURRIED CHICKEN

8 PORTIONS

Ingredients

Chickens	2x1.2 kg
Oil	125 ml
Onions	400 g
Curry powder	50 g
Tomato puree	25 ml
Mango chutney	75 g
Apples	75 g
Desiccated coconut	25 g
<u>Chicken stock</u>	750 ml
Bouquet garni	1 small
Salt	

Method

1. Cut up the chicken for saute.
2. Colour the chicken in hot oil then remove and drain.
3. Peel and finely chop the onion and fry in the oil without colouring.
4. Add the curry powder and cook slowly for 4 minutes.
5. Peel, core and chop the apple. Chop the chutney.

6. Add the tomato puree, chutney, apple, desiccated coconut, bouquet garni, chicken and the stock. Bring to the boil, season and cook in an oven at 180°C for 45 minutes.
7. Remove the bouquet garni, skim off the fat, adjust the seasoning and consistency and serve with plain boiled rice.

Note: Accompaniments which may be served as side dishes include poppadums, Bombay duck, sliced bananas, sultanas and French fried onions.

DEEP FRIED

15. CHICKEN CROQUETTES

8 PORTIONS

Ingredients

Chicken (boiled)	2x1.2 kg
<u>Chicken veloute</u>	500 ml
Eggs	5
Flour	100 g
White breadcrumbs	150 g
Salt	
Pepper	

Method

1. Bring the veloute to the boil and reduce it by half.
2. Remove all the bones and skin from the chickens.
3. Dice or mince the flesh, add it to the veloute then reboil and season.
4. Remove from the stove and stir in 3 of the egg yolks.
5. Turn out into a shallow dish and allow to cool.
6. Divide into 16 equal pieces and mould into balls.
7. Pass the balls through flour, egg wash and breadcrumbs. Mould to a cylindrical shape and deep fry until crisp and golden brown.

16. CHICKEN KIEV (SUPREME DE VOLAILLE KIEV)

8 PORTIONS

Ingredients

Chicken supremes	8
Garlic	1 clove
Butter	200 g
Lemon	1
White breadcrumbs	200 g
Flour	100 g
Eggs	3
Watercress	1 bunch
<u>Allumette potatoes</u>	4 portions
Parsley (chopped)	
Salt	
Pepper	
Oil	

Method

1. Flatten the chicken breasts lightly. Mix together the butter, salt, pepper, lemon juice, crushed garlic and chopped parsley.
2. Shape the butter into fingers to fit the chicken breasts.
3. Place the butter into the chicken breasts and roll up into an envelope tucking in the ends then pass each supreme through flour, egg wash and breadcrumbs ensuring there is a good seal. Refrigerate for at least one hour.
4. Deep fry the chicken breasts for 6 minutes until golden brown, then drain and serve garnished with watercress and allumette potatoes.

17. SOUTHERN FRIED CHICKEN 8 PORTIONS

Ingredients

Chicken	2x1.2 kg
Flour	100 g
Eggs	3
White breadcrumbs	150 g
Mixed herbs	5 g
Salt	
Pepper	
Paprika	

Method

1. Cut the chicken for saute.
2. Combine the mixed herbs and breadcrumbs.
3. Season the chicken pieces and pass them through flour, egg wash and breadcrumbs.
4. Deep fry the chicken pieces for 5 minutes until crisp and golden brown; finish cooking them in a hot oven if necessary and serve.

SHALLOW FRIED

18. CHICKEN MARYLAND 8 PORTIONS

Ingredients

a. Fried Chicken

Chicken (prepared)	2x1.2 kg
Flour	150 g
Eggs	3
White breadcrumbs	150 g
Oil	125 ml
Streaky bacon	8 slices
<u>Horseradish sauce</u>	125 ml
<u>Jus lie</u>	250 ml
Salt	
Pepper	

b. Maize Fritters

Sweetcorn	125 g
Flour	25 g
Egg	1
Sugar	5 g
Butter	50 g

c. Fried Bananas

Bananas	4
Flour	40 g
Egg	1
White breadcrumbs	50 g
Oil	75 ml

Method

a. Fried Chicken

1. Remove the winglets cut off the lower leg bone above the joint and skin the chicken.
2. Cut off the legs remove the bones and flatten the flesh.
3. Take out the wishbone, remove the supremes and flatten them slightly.
4. Season the chicken pieces and pass them through flour, egg wash and breadcrumbs and reshape using a palette knife.
5. Deep fry them for 5 minutes to a golden brown, finish cooking them in a hot oven if necessary.

6. Arrange the chicken on a warm serving dish and garnish with grilled bacon, maize fritters and fried bananas.
7. Serve horseradish sauce and jus lie separately.

b. Maize Fritters

1. Make a stiff batter with the sugar, egg and flour then drain the sweetcorn and add it to the batter.
2. Heat a little butter in an omelette pan and spoon out the mixture into the pan in rounds 5 cm in diameter and fry to a golden brown.

c. Fried Bananas

1. Remove the skin and cut each banana into 2 lengthways. Pass through flour, egg wash and breadcrumbs. Shallow fry the bananas to a golden brown.

19. CHICKEN SUPREMES 8 PORTIONS

Ingredients

Chicken supremes	8
Flour	50 g
Eggs	3
White breadcrumbs	150 g
<u>Jus lie</u>	75 ml
Butter	50 g

Method

1. Trim and season the supremes and pass them through flour egg wash and breadcrumbs.
2. Flatten them slightly with a palette knife, and shallow fry them to a golden brown.
3. Serve on a warm dish surrounded with jus lie and masked with a little nut brown butter.

Notes:

1. Appropriate garnishes are:
Doria - Cucumber turned to an olive shape
Marechale - Asparagus heads and slices of truffle
Montpensier - Artichoke bottoms filled with asparagus heads
Richelieu - Slices of truffle and maitre d'hotel butter
Valois - Stuffed Olives

GRILLED

20. GRILLED CHICKEN 8 PORTIONS

Ingredients

Chicken (prepared)	2x1.2 kg
Oil	50 ml
Salt	
Pepper	
Watercress	1 bunch

Method

1. Split the chicken along the back and remove the spine bones.
2. Flatten it with a cutlet bat and remove the rib bones.
3. Season, brush it with oil and cook slowly under a grill. Then cut it into portions and serve garnished with watercress.

Note: The chicken can also be garnished with any or all of the following: Grilled bacon, tomatoes, field mushrooms and straw potatoes.

21. GRILLED CHICKEN AMERICAN STYLE

8 PORTIONS

Ingredients

Chicken (prepared)	2z1.2 kg
Butter	75 g
English mustard	10 g
White breadcrumbs	75 g
Streaky bacon	8 slices
Grilled tomatoes	4 portions
Grilled mushrooms	4 portions
Straw potatoes	4 portions
Watercress	1 bunch
<u>Piquant sauce</u>	200 ml

Method

1. Split the chicken along the back and remove the spine bones.
2. Flatten it with a cutlet bat and detach but do not remove the rib bones.
3. Place the chickens in a roasting pan with a little butter, season and roast in a hot oven for 35 minutes.
4. Remove the rib bones brush over with diluted mustard and pass through breadcrumbs. Brush with melted butter and grill to a golden brown.
5. Cut the chicken into portions arrange on a hot dish and garnish with grilled bacon, grilled mushrooms, grilled tomatoes, straw potatoes and watercress.
6. Serve piquant sauce separately.

ORIENTAL

22. CHICKEN CHOP SUEY

10 PORTIONS

Ingredients

Chicken (cooked)	1 kg
Soy sauce	125 ml
Sherry	50 ml
Bean sprouts	500 g
Onions	100 g
Red pepper	1
Green pepper	1
Cauliflower	200 g
Cornflour	50 g
Sugar	50 g
Ground ginger	
Oil	

Method

1. Cut the cooked chicken in thin slices and then cut 2 cm squares.
2. Marinade the chicken in the soy sauce and sherry for 30 minutes.
3. Wash and drain the bean sprouts, peel and dice the onions, thinly slice the red and green peppers and cut the cauliflower into florets.
4. Stir fry the chicken for 2 minutes, remove to one side and keep hot.
5. Blend the cornflour with a little stock.
6. Stir fry the onions for one minute, add the peppers and cornflour solution and stir fry for a further minute, then add the bean sprouts, sugar and chicken.
7. Adjust the seasoning, add ground ginger to taste and adjust the consistency if necessary with stock.
8. Transfer to a warm dish for service.

23. CHICKEN CHOW MEIN

10 PORTIONS

Ingredients

Chicken	1 kg
Soy sauce	60 ml
Brandy	60 ml
Cornflour	50 g
Noodles	50 g
Garlic	2 cloves
Green peppers	200 g
Oyster sauce	60 ml
Onions	200 g
Cabbage	400 g
Spring onions	50 g
<u>Chicken stock</u>	250 ml
Oil	
Salt	
Pepper	

Method

1. Remove the bones and the skin from the chicken and cut the flesh into matchstick size strips. Place it in a bowl and add seasoning, soy sauce, brandy, half the cornflour and a little oil.
2. Peel and crush the garlic. Shred the cabbage and peel and slice the onions. Slice the peppers and spring onions.
3. Cook the noodles in boiling water for 5 minutes, refresh and drain.
4. Fry the noodles for one minute then remove and keep warm.
5. Fry the garlic and chicken for 5 minutes. Add the oyster sauce, salt, pepper, onion, cabbage and peppers and fry for a further 5 minutes. Add the chicken stock and bring to the boil.
6. Dilute the remainder of the cornflour with a little water, add to the mix in the pan and reboil.
7. Add the spring onions, adjust the seasoning pour the mixture over the noodles and serve in a warm dish.

24. DEEP FRIED CHICKEN IN LEMON SAUCE

10 PORTIONS

Ingredients

Chicken supremes	10
Eggs	4
Cornflour	250 g
Lemons	4
Rice wine	10 ml
<u>Chicken stock</u>	125 ml
Sugar	75 g
Sesame oil	10 ml
Custard powder	5 g
Salt	
Pepper	

Method

1. Trim the chicken supremes and marinade them in rice wine, salt, sugar, cornflour, pepper and sesame oil for 30 minutes.
2. Toss the marinaded supremes in egg wash, coat them evenly with cornflour and then deep fry them to a golden brown. Cut them into bite size pieces and put them onto a serving dish.
3. Blend 5 g of cornflour and all of the custard powder with a little stock and the lemon juice.
4. Boil together the sesame oil, chicken stock, vinegar, seasoning and sugar and chicken with the custard and cornflour paste.
5. Pour the sauce evenly over the chicken and serve garnished with lemon wedges and sprigs of parsley.

25. DEEP FRIED CRISPY DUCK

8 PORTIONS

Ingredients

Duck	2x1.6 kg
Sugar	5 g
Root ginger	100 g
Anise seed	5 g
Rice wine	10 ml
Soy sauce	20 ml
Salt	

Method

1. Remove all the fat from inside the ducks. Blanch the ducks in boiling water for 5 minutes. Remove and fresh under cold running water and drain and dry them thoroughly.
2. Peel, slice and crush the ginger.
3. Mix the salt, sugar, ginger, anise seed, rice wine and the soy sauce together in a bowl. Marinade the duck for 30 minutes.
4. Steam the ducks for 3 hours.
5. Deep fry the ducks until golden brown, drain off all the surplus oil and cut into portions for service.

26. FRIED CHICKEN AND ALMONDS

10 PORTIONS

Ingredients

Chicken supremes	10
Cornflour	15 g
<u>Chicken stock</u>	125 ml
Light soy sauce	15 ml
Sugar	5 g
Eggs 2	
Rice wine	15 ml
Bamboo shoots	100 g
Carrots	200 g
Button mushrooms	200 g
Celery	150 g
Spring onions	150 g
Root ginger	50 g
Oil	
Almonds	100 g

Method

1. Cut the chicken into matchstick sized strips. Mix together in a basin the cornflour, chicken stock, soy sauce, sugar, egg white and rice wine then add the chicken and marinade for 30 minutes.
2. Cut the bamboo shoots, carrots and mushrooms into thin slices. Cut the celery and spring onions into 25 mm pieces. Crush the ginger and blanch the almonds.
3. Heat the oil in a wok or frying pan, add the almonds and fry them to a golden brown. Remove from the oil and put aside. Drain the chicken, add the ginger and fry in the hot oil for 5 minutes then remove from the oil and put with the almonds.
4. Reheat the work or frying pan with oil. Add the carrots and cook them for one minute. Add the bamboo shoots, mushrooms, celery and spring onions and cook stirring occasionally until tender but slightly crisp.
5. Add the chicken and almonds and heat through then add the marinade, bring to the boil and serve.

27. HONEYED CHILLI CHICKEN

8 PORTIONS

Ingredients

Chicken	2x1.2 kg

Sugar	5 g
Root ginger	50 g
Spring onions	50 g
Flour	100 g
Honey	15 ml
Cornflour	15 g
<u>Chilli sauce</u>	10 ml
Lemon	1
Light soy sauce	10 g
Oil	
Salt	
Pepper	

Method

1. Cut the chicken for saute. Sprinkle with the sugar, salt and pepper.
2. Crush the ginger and cut the spring onions into julienne.
3. Coat the chicken in flour and deep fry it until it is cooked and a golden brown. Remove it from the oil and drain on absorbent paper.
4. Heat the wok with the oil, add the crushed ginger and honey and cook over a low heat for one minute.
5. Blend the cornflour with a little water, add the chilli sauce, lemon juice, soy sauce and salt and add to the ginger and honey. Bring to the boil and simmer for one minute.
6. Add the chicken and toss it in the sauce until it is heated through.
7. Garnish the chicken with julienne of spring onions and serve on a warm dish.

28. SPICED CHICKEN

8 PORTIONS

Ingredients

Chicken	2x1.2 kg
Dark soy sauce	500 ml
Root ginger	50 g
Five spice powder	5 g
Rice wine	20 ml
Honey	20 ml
Parsley	10 g
Salt	

Method

1. Peel and chop the garlic and roughly chop the ginger.
2. Half fill a large saucepan with water, add the soy sauce, ginger, garlic, five spice powder and salt.
3. Bring the liquid to the boil and simmer for 2 minutes. Add the chickens, cover and simmer for one minute.
4. Remove the pan from the heat and allow the chickens to stand in the liquid until the temperature of the liquid has cooled to 40°C.
5. Remove the chickens from the liquid and allow them to cool then cut them in half lengthways and place them in a try cut side down.
6. Mix the rice wine and honey in a bowl. Rub the mixture well into the chicken skins and allow them to stand for 2 hours.
7. Deep fry the chicken halves until cooked and golden brown then cut them into portions and serve garnished with sprigs of parsley on a warm dish.

29. STEAMED CHICKEN WITH MUSHROOMS

8 PORTIONS

Ingredients

Chicken	2x1.2 kg
Dried Chinese mushrooms	50 g
Black fungus	25 g
Root ginger	25 g

Spring onions	50 g
Rice wine	15 ml
Light soy sauce	15 ml
Oyster sauce	15 ml
Sesame oil	10 ml
Cornflour	15 g
Parsley	
Salt	
Pepper	

Method

1. Wash and soak the mushrooms in warm water for 30 minutes.
2. Soak and clean the black fungus.
3. Crush the ginger and chop the spring onions.
4. Remove the bones and skin from the chickens and cut the flesh into 20 mm dice.
5. Mix together in a basin the ginger, rice wine, soy sauce, oyster sauce, sesame oil, mushrooms, black fungus and cornflour and salt and pepper. Add the chicken and marinade for 30 minutes then steam for 20 minutes and serve garnished with sprigs of parsley on a warm dish.

30. STIR FRIED CHICKEN WITH SHALLOTS AND ONIONS 10 PORTIONS

Ingredients

Chicken legs	10
Root ginger	50 g
Garlic	2 cloves
Shallots	100 g
Onions	150 g
Sugar	5 ml
Rice wine	20 ml
<u>Chicken stock</u>	100 ml
Cornflour	10 ml
Oyster sauce	10 ml
Oil	
Salt	
Pepper	

Method

1. Crush the ginger and garlic. Cut the shallots and onions into 10 mm dice.
2. Remove the bones and skin from the chicken legs and cut the flesh into 25 mm dice.
3. Mix together in a basin the ginger, garlic, sugar and rice wine. Add the chicken and marinade for 10 minutes.
4. Heat the oil in a wok, add the onions shallots and chicken and stir fry for 5 minutes, then add the marinade and chicken stock, cover with a lid and simmer until cooked.
5. Blend the cornflour with a little water.
6. When the chicken is cooked add the oyster sauce, cornflour solution and seasoning and simmer for one minute then serve immediately.

31. STIR FRIED CHICKEN WITH CELERY 10 PORTIONS

Ingredients

Chicken supremes	10
Sesame oil	10 ml
Rice wine	10 ml
Sugar	15 g
Light soy sauce	10 ml
Cornflour	15 g
Celery	400 g
Preserved ginger	100 g
Carrots	100 g

Root ginger	100 g
Garlic	2 cloves
Spring onions	100 g
Oil	
Salt	

Method

1. Cut the chicken supremes into matchstick sized strips.
2. Mix together in a basin the sesame oil, rice wine, sugar, soy sauce, cornflour and salt. Add the strips of chicken and marinade for 20 minutes.
3. Cut the celery into julienne, slice the preserved ginger and carrots. Crush the root ginger and garlic. Cut the spring onions into 25 mm lengths.
4. Heat the oil in a wok and add the crushed ginger, garlic and chicken. Stir fry for 5 minutes until the chicken is cooked then remove it from the oil and keep hot.
5. Reheat the wok with oil.
6. Add the celery, carrot, preserved ginger slices, onion and spring onion and stir fry for 2 minutes.
7. Add the cooked chicken, the seasoning and the marinade and simmer for 2 minutes.
8. Serve immediately.

32. STIR FRIED CHICKEN WITH CASHEWS 10 PORTIONS

Ingredients

Chicken	2x1.2 kg
Sugar	5 g
Cornflour	10 g
Light soy sauce	10 ml
Green peppers	150 g
Spring onions	100 g
Carrots	100 g
Root ginger	100 g
Raw cashew nuts	400 g
Rice wine	15 ml
Sesame oil	10 ml
Oil	
Salt	
Pepper	

Method

1. Remove the bones and the skin from the chickens and cut the flesh into 15 mm dice.
2. Mix together in a basin the sugar, cornflour, soy sauce and salt. Add the chicken and marinade for 30 minutes.
3. Remove the seeds from the peppers and cut the flesh into 75 mm strips. Cut the spring onions into 15 mm pieces. Peel and slice the carrots and ginger.
4. Wash the raw cashew nuts. Place them in a saucepan, cover with water add salt bring to the boil and simmer for 5 minutes, then remove from the heat and drain well.
5. Heat the oil in a wok and deep fry the cashew nuts to a golden brown. Remove the cashews and drain on absorbent paper.
6. Reheat the wok with oil. Add the chicken and fry for one minute, then remove from the oil and put aside to keep hot.
7. Reheat the wok with oil add the spring onions, carrots and ginger and stir until fragrant. Add the peppers and stir fry for one minute.
8. Add the chicken, rice wine, sesame oil and seasoning. Toss together until hot then serve immediately.

33. SWEET AND SOUR CHICKEN 10 PORTIONS

Ingredients

Chicken	2x1.2 kg
Eggs	2
Cornflour (for chicken)	75 g
Pineapple	200 g
Preserved ginger	25 g
Spring onions	100 g
Water	500 ml
Cornflour (for sauce)	10 g
Vinegar	75 ml
Tomato ketchup	50 ml
Sugar	50 g
Brandy	25 ml
Oil	
Salt	
Pepper	

Method

1. Remove the bones and the skin from the chicken.
2. Cut the flesh into 25 mm dice and season with salt and pepper.
3. Dip the chicken into beaten egg, then into cornflour and deep fry in hot oil.
4. Drain, place on a serving dish and keep hot.
5. Cut the pineapple into 5 mm dice.
6. Chop the ginger. Cut the spring onions into 25 mm lengths.
7. Fry the pineapple and ginger in the oil.
8. Place the water in a saucepan and bring it to the boil.
9. Mix the cornflour, vinegar, tomato ketchup, sugar and brandy to a smooth paste and then add to the boiling water.
10. Add the pineapple and ginger to the sauce and simmer for 5 minutes, then add the spring onions and pour the sauce over the chicken just before serving.

PASTRY COVERED34. CHICKEN PIE (1)
8 PORTIONS*Ingredients*

Chicken legs	8
Eggs	2
Onions	50 g
Button mushrooms	100 g
Worcester sauce	
<u>Chicken stock</u>	500 ml
<u>Puff pastry</u>	250 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut each leg in 2 at the joint.
2. Trim the knuckles from the drumsticks and trim the thigh bones at each end.
3. Hard boil the eggs, refresh, remove the shell and cut them into small dice.
4. Peel and finely chop the onions, slice the mushrooms.
5. Wrap a slice of bacon around each piece of chicken and place in a pie dish.
6. Sprinkle with the egg, mushrooms, onion and parsley. Season add a dash of Worcester sauce and add the chicken stock to half the depth of the dish.
7. Cover with puff pastry then egg wash the top and cook the pie in a moderate oven for 2 hours.

35. CHICKEN PIE (2)

10 PORTIONS

Ingredients

Cooked chicken	600 g
<u>Chicken veloute</u>	250 ml
Carrots	200 g
Onions	50 g
Peas	200 g
Sweetcorn (tinned)	200 g
Puff pastry	200 g
Egg	1
Salt	
Pepper	

Method

1. Remove all the bones and skin from the chicken and cut the flesh into 5 mm dice.
2. Peel and finely dice the onion and cook it in the margarine without colouring.
3. Peel and dice the carrots and cook in boiling salted water until tender.
4. Cook the peas until tender. Mix together the chicken, onion, carrot, peas and sweetcorn. Adjust the seasoning.
5. Place the mixture in a pie dish. Roll out the puff pastry 3 mm thick and cover the pie dish. Egg wash and cook in an oven at 170°C for 30 minutes.

36. CHICKEN VOL AU VENTS
10 PORTIONS*Ingredients*

Chicken (cooked)	800 g
<u>Puff pastry</u>	400 g
Button mushrooms	250 g
Lemon	1
<u>Chicken veloute</u>	250 ml
Cream	50 ml
Salt	
Pepper	

Method

1. Roll out the puff pastry to 3 mm thickness.
2. Cut out 10 rounds using a pastry cutter 9 cm in diameter. Turn them upside down and using a 7 cm cutter make an incision half way through each round.
3. Lay them on a baking tray and egg wash the top then allow them to rest for 15 minutes before baking in an oven at 230°C.
4. Remove the cases from the oven and allow to cool before removing the lids and hollowing out the centres. Retain the lids to place on top of the filled vol au vents for service.

POT ROAST37. CASSEROLE OF CHICKEN
8 PORTIONS*Ingredients*

Chicken	2x1.2 kg
Oil	50 ml
Bacon streaky	200 g
Potatoes (prepared)	600 g
Mushrooms	200 g
<u>Jus lie</u>	250 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Season the chicken, baste them with the oil and roast them for 12 minutes on each side at 200°C.
2. Cut the bacon into strips and blanch and refresh.
3. Turn the potatoes to an oval shape, blanch them and peel and scallop the mushrooms.

4. After roasting the chicken on both sides turn them on to their backs and place the bacon, potatoes and mushrooms into the casserole.
5. Continue to roast until the chickens are cooked and golden brown then remove them from the casserole and cut each one into 4 portions.
6. Pour off the surplus fat from the casserole replace the chicken portions, moisten with jus lie, bring to the boil and serve garnished with chopped parsley.

38. CASSEROLE OF CHICKEN BONNE FEMME 8 PORTIONS

Ingredients

Chickens	2x1.2 kg
Butter	100 g
Fresh or salt belly pork	200 g
Button onions	24
Potatoes (prepared)	32
<u>Jus lie</u>	250 ml
Parsley (chopped)	5 g
Salt	
Pepper	

Method

1. Season the chickens. Cut the pork into lardons.
2. Fry the lardons in the butter until lightly coloured then brown the chickens in the same fat.
3. Place the chicken and lardons into a casserole, cover with a lid and cook in an oven at 200°C.
4. Turn the potatoes cocotte style. Peel the onions.
5. Fry the potatoes and the onions separately until lightly coloured and add them to the chicken.
6. When the chickens are cooked, remove them from the casserole and cut each one into 4 portions.
7. Strain off the surplus fat and replace the chicken portions in the casserole surrounded by the garnish pour a little jus lie over the decorate with chopped parsley.
8. Stand the casserole with the lid on in a serving dish and serve the remaining jus lie separately.

39. CHICKEN EN COCOTTE GRANDMERE 8 PORTIONS

Ingredients

Chickens	2x1.2 kg
Button mushrooms	100 g
Bacon	100 g
<u>Glazed button onions</u>	2 portions
<u>Jus lie</u>	250 ml
Oil	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Season the chickens, baste them with the oil and roast them for 25 minutes on each side at 200°C in an earthenware cocotte then turn them onto their backs reduce the heat to 180°C and cook for a further 20 minutes basting occasionally.
2. Cut the bacon into lardons, blanch and fresh them. Cook the mushrooms in a little acidulated water then drain and keep them hot.
3. 5 minutes before removing the chickens from the oven add the mushrooms, the lardons and the glazed button onions.
4. Pour the surplus fat from the cocotte.
5. Cut each chicken into 4 portions and replace them in the cocotte. Moisten with jus lie, bring to the boil and serve garnished with chopped parsley.

40. CHICKEN POELE MASCOTTE 10 PORTIONS

Ingredients

Chickens	2x1.2 kg

Butter	100 g
Carrots	50 g
Onions	50 g
Celery	50 g
<u>Olivette potato</u>	32
Artichoke bottom (tinned)	200 g
Truffle	12
<u>Jus lie</u>	125 ml
Parsley (chopped)	10 g

Method

1. Peel the carrots and onions, wash the celery and take a mirepoix.
2. Place 3 roundels of truffle between the skin and breast of each chicken.
3. Season the chickens, fry them in hot butter, colour them and place them in a casserole. Fry the mirepoix to a golden brown and place in the casserole under the chickens. Cook in an oven at 200°C for 1½ hours.
4. Fry the olivette potatoes to a golden brown, quarter the artichoke bottoms and saute them and put both aside to keep warm.
5. Remove the chicken from the casserole and cut each one into 4 portions.
6. Combine the cooking liquor and the jus lie in a saucepan and reduce over heat to the required consistency, then adjust the colour and seasoning.
7. Replace the chicken portions in the casserole, surround them with the warm garnish and strain the sauce over. Garnish with chopped parsley for service.

SAUTE

41. CHICKEN SAUTE CHASSEUR 8 PORTIONS

Ingredients

Chickens	2x1.2 kg
White wine	125 ml
Shallots	50 g
Mushrooms	200 g
<u>Jus lie</u>	250 ml
Tomatoes	200 g
Chopped tarragon to flavour	
Parsley (chopped)	
Oil	
Pepper	

Method

1.
 - a. Remove the legs from the carcass.
 - b. Cut each leg in 2 at the joint.
 - c. Remove the thigh bone and trim the knuckles from the drumsticks.
 - d. Remove the wish bone and the winglets.
 - e. Remove the wings carefully, leaving 2 equal portions of meat on the breast. Remove the breast and cut across into 2. Use the winglets and carcass in stock.
2. Heat a little oil in a shallow pan season the chicken pieces and put them in the pan with the skin side down. Cook over a moderate heat until the chicken is lightly coloured. Turn the pieces of chicken over, colour the other side, then remove the wings and breast.
3. Allow the remainder of the chicken to cook slowly for a further 10 minutes until tender. Place all the pieces of chicken into another pan and keep warm.
4. Peel and dice the shallots, slice the mushrooms and fry them in a little oil. When they are barely cooked drain off any surplus oil and add the white wine and jus lie. Bring to the boil and pour over the chicken pieces and simmer for a further 5 minutes. Concasse the tomatoes, roughly chop the tarragon then remove the dish from the heat. Add the concasse and tarragon, adjust the seasoning and serve, garnished with chopped parsley in a warm entree dish.

42. CHICKEN SAUTE MARENGO

8 PORTIONS

Ingredients

Chicken	2x1.2 kg
White wine	375 ml
Tomatoes	200 g
Tomato paste	50 g
Garlic	2 cloves
Button onions	24
<u>Chicken stock</u>	625 ml
Mushrooms	250 g
Croutons	8
Oil	100 ml
Butter	75 g
Bouquet garni	1 small

Method

- To prepare the chickens:
 - Cut off the legs and divide each leg into 2 at the joint.
 - Remove the thigh bone and trim knuckles from the drumsticks.
 - Remove the wish bone and remove the winglets.
 - Remove the wings leaving 2 equal portions of meat on the breast.
 - Remove the breast and cut across into 2.
 - Use the winglets and carcasses in stock.
- Pass the chicken pieces through seasoned flour and saute them in the oil until golden brown then drain off the surplus oil.
- Peel the onions and the garlic and add these with the tomato puree and bouquet garni to the chicken stock. Bring to the boil then cover with a lid and simmer for 40 minutes.
- Quarter the mushrooms and saute them in butter, add the wine and pour over the chicken.
- Continue to cook for a further 20 minutes.
- Concasse the tomatoes, remove the dish from the heat, add the concasse then serve garnished with fried croutons and chopped parsley in a warm entree dish.

STEW43. COQ AU VIN
8 PORTIONS*Ingredients*

Chicken	2x1.2 kg
Bacon	100 g
Brandy	25 ml
Bouquet garni	1 small
Garlic	1 clove
Button onions	24
Button mushrooms	100 g
Red wine	250 ml
<u>Chicken stock</u>	125 ml
<u>Beurre manie</u>	100 g
<u>Heart shaped croutons</u>	8
Oil	
Parsley (chopped)	
Salt	
Pepper	

Method

- Cut the chicken for saute, peel and crush with garlic.
- Cut the bacon into lardons, blanch and refresh them, peel the onions.
- Season the chicken pieces, fry in the hot oil to a golden brown. Pour in brandy and flame.
- Remove the chicken from the pan and place in a casserole with a bouquet garni and the garlic.
- Peel the onions and saute with the mushrooms and lardons in the chicken residue until lightly coloured, then put them aside. Swill out the saute pan with the red wine and chicken stock, add seasoning and pour over the chicken.

- Cover with a tight fitting lid and cook in an oven at 200°C until the chicken is tender.
- Transfer the chicken pieces into a warm serving dish and garnish with the onions, mushrooms and lardons. Keep hot.
- Reduce the cooking liquor by a third and lightly thicken with the *beurre manie*.
- Adjust the seasoning then strain the sauce over the chicken, re-heat and serve garnished with the parsley and croutons.

Note: More traditionally this dish is prepared using a freshly killed bird, the blood being used to thicken the sauce.

44. FRICASSEE OF CHICKEN
10 PORTIONS*Ingredients*

Chicken	1.2 kg
Butter	100 g
Flour	100 g
<u>Chicken stock</u>	1.5 ltr
<u>Bouquet garni</u>	1 small
Button onions	30
Mushrooms	125 g
Lemon	1
Cream	75 ml
Egg	1
<u>Heart shaped croutons</u>	10
Parsley (chopped)	
Oil	
Salt	
Pepper	

Method

- Cut the chicken for saute. Peel the onions. Melt the butter in a saucepan, add the chicken and fry to seal without colouring then remove the chicken pieces.
- Add the flour, cook to a sandy texture, then slowly add the boiling stock. Place the meat into the sauce, add the bouquet garni and the onions and simmer for 30 minutes then remove the bouquet garni.
- Wash and peel the mushrooms and cut them into scallops. Place in a saucepan with a little lemon juice, seasoning a knob of butter and a little water and simmer for 5 minutes.
- Strain the chicken and onions from the sauce and keep them warm.
- Strain the sauce and reduce to coat the back of a spoon.
- Mix together the egg yolk, cream and a little of the sauce then add this liaison to the sauce and whisk vigorously.
- Combine all the ingredients together and reheat without boiling or the sauce will curdle. Serve garnished with the tips of the heart shaped croutons dipped in chopped parsley.

ROAST45. ROAST CHICKEN
8 PORTIONS*Ingredients*

Chickens	2x1.2 kg
<u>Brown stock</u>	250 ml
<u>Bread sauce</u>	250 ml
Game chips	100 g
Watercress	1 bunch
Salt	
Oil	

Method

- Season the chickens, baste them in oil and roast them for 25 minutes on each side at 200°C then turn them onto their backs, reduce the heat to 180°C and cook for a further 25 minutes.
- When cooked the liquid from the carcass should run clear.

- Remove the cooked chickens from the baking dish, allow them to stand for 10 minutes in a warm place before carving.
- Prepare a roast gravy from the residue and the brown stock.
- Carve each chicken into 4 portions and serve garnished with watercress and game chips and with bread sauce and roast gravy separately.

46. ROAST GUINEA FOWL 8 PORTIONS

Ingredients

Guinea fowl	2x900 g
Streaky bacon rashers	100 g
Salt	
<u>Brown stock</u>	250 ml
<u>Bread sauce</u>	250 g
Watercress	1 bunch

Method

- Bard the guinea fowls with the bacon rashers, stand them on their backs in a roasting dish and roast in an oven at 200°C for one hour basting frequently.
- Remove the cooked birds from the dish and make the roast gravy from the residue and the brown stock.
- Carve the guinea fowls into portions and serve garnished with a watercress and roast gravy and bread sauce served separately.

Note: Guinea fowl are usually about the same size as a pheasant but can be as large as a small chicken. All recipes for cooking chicken are suitable for guinea fowl especially casseroles but frequent basting is necessary to prevent the meat from becoming dry.

47. ROAST STUFFED TURKEY

Ingredients

Turkey (Oven Ready)
Parsley and thyme stuffing
Oil
Salt

Brown stock

Chipolata sausages)
Bacon rolls) for garnish
Game chips)
Watercress)
Cranberry sauce/bread sauce allow 150 ml per portion

Method

- Remove the wishbone with the point of a sharp knife and place the stuffing in the neck end only. Sprinkle a little salt in the vent.
- Place the bird on its side in a baking tray, baste with oil and place it in an oven at 200°C for 30 minutes then turn it over onto the other side and roast for a further 30 minutes, basting occasionally.
- Place the bird onto its back and continue to roast until it is cooked. It is important to baste regularly. If the skin is colouring too quickly cover it with either cooking foil or greaseproof paper. When the turkey is cooked, the juices will run white and the flesh will be firm to the touch.
- Allow the turkey to rest for 10 minutes prior to carving.
- Make a roast gravy using the brown stock and the residue from the cooking process.
- Serve a portion of white and dark meat together on a dish garnished with chipolata sausages, bacon rolls, game chips and watercress.
- Serve the roast gravy and cranberry sauce separately.

Notes:

- Allow 200 g per portion.
- The stuffing may be varied with the addition of sausage meat

- Chestnut stuffing may be used in place of parsley and thyme stuffing.
- Allow one chipolata sausage and one bacon roll, one bunch of watercress and 100 g of game chips per portion..

48. ROAST DUCK 8 PORTIONS

Ingredients

Ducks (prepared)	2x2.5 kg
<u>Brown stock</u>	250 ml
<u>Apple sauce or cranberry sauce</u>	250 g
Watercress	1 bunch
Flour	
Oil	
Salt	

Method

- Season the ducks, place them on a rack in a roasting dish, prick the skins all over to allow the fat to escape during cooking and roast them for 30 minutes at 200°C. Reduce the temperature to 180°C and cook for a further 2 hours.
- Boil up any giblets to make a stock.
- Remove the ducks from the roasting tray, drain them and allow them to stand for 10 minutes.
- Remove the surplus fat from the pan leaving as much of the residue as possible and combine this with a little flour and then the brown stock and the giblet stock to make a thickened roast gravy.
- Cut each duck into 4 portions and garnish with watercress.
- The apple sauce and roast gravy are served separately.

49. ROAST GOOSE

Ingredients

Goose (oven ready)	4-5 kg
<u>Sage and onion stuffing</u>	500 g
<u>Brown stock</u>	500 ml
<u>Apple sauce</u>	250 ml
Salt	
Pepper	

Method

- Prick the skin of the goose to allow the fat to escape during the cooking process.
- Remove the internal fat from the bird and season the cavity with salt and pepper.
- Stuff the goose through the vent and rub a little salt over the outer skin then place it on a rack in a roasting dish.
- Roast the goose in an oven at 200°C allowing 30 minutes per kg plus 15 minutes over, basting frequently.
- Remove from the oven transfer it to a clean dish and allow it to rest for 10 minutes.
- Pour off the surplus fat from the roasting dish leaving behind as much residue as possible then make a roast gravy with the residue and the brown stock.
- Carve the goose and serve apple sauce and roast gravy separately.

Notes:

- A goose for roasting should not be more than one year old.
- It is important to remember that the breast meat will cook faster than the leg. Care must be taken to ensure that it does not dry out. If necessary cover the breast with foil.

PART 2 - KITCHEN

CHAPTER FIFTEEN

Game

BRAISED

1. Partridge
2. Pheasant

PASTRY COVERED

3. Game pie
4. Pigeon pie
5. Rabbit pie
6. Veal and ham pie

ROAST

7. Grouse
8. Hare
9. Partridge
10. Pheasant
11. Pigeon
12. Snipe

13. Venison

14. Wild duck
15. Woodcock

SAUTE

16. Pheasant with various garnishes

STEW

17. Hare, jugged
18. Rabbit fricasse
19. Game salmis
20. Vitners stew

TERRINE

21. Game

INTRODUCTION

1. Game is the term applied to wild animals and birds which are hunted and eaten. Game feeds on food not available to farm reared animals and birds, this gives it its distinctive flavour. In Britain there is a close season when most game is protected by law and hunting is forbidden. Rabbit, pigeons and quail are not protected by law and are available fresh throughout the year.

2. Before it is ready for cooking most game should be hung in order to tenderise the flesh and develop the flavour. However, it is not necessary to hang game until it is “high” (slightly decomposed). Feathered game is not plucked or drawn before being hung. Hares are hung without being skinned or the entrails removed. It is difficult to give exact times for hanging game as much depends on the type of game, its age, the weather and individual tastes. Game will mature more quickly in warm humid weather than in cold dry weather. As a guide, game should be hung in a place which is cool and dry, well ventilated and fly and insect proof. In warm weather it is sensible to hang game in a refrigerated cold room where the temperature can be maintained at between 2°C and 5°C.

3. It is important that game is hung in such a way that air can circulate freely around it otherwise there is the chance that touching parts will decompose and the game become unfit for consumption. For this reason birds should not be hung in pairs.

4. Feathered game is hung by the neck and is ready for cooking when the feathers on the lower part of its body near the vent can be easily plucked out. If the flesh in this area has a green or bluish discolouration the bird has been hung too long.

5. Furred game is hung by the legs. Hares should be suspended over a bowl in order to collect any blood which may drip. This is used to thicken the sauce.

6. All game is lean and in consequence tends to be dry if not provided with additional fat to keep it moist during cooking. This can take several forms:

- a. Barding the breast of birds with a layer of backfat.
- b. Larding venison with strips of backfat.
- c. Marinading joints of venison or hare overnight.

7. It is a matter of personal choice whether to serve game rare or well cooked. As a general rule game benefits from being served slightly underdone. If over-cooked it becomes tough and dry.

BRAISED

1. BRAISED PARTRIDGE WITH CABBAGE
8 PORTIONS

Ingredients

Partridges	4
Cabbage	1.6 kg
Carrots	200 g
Frankfurter sausages	8
Streaky bacon	200 g
Bouquet garni	1 small
Onions	100 g
<u>White stock</u>	750 ml
<u>Demi-glaze</u>	500 ml
Cloves	6
Salt	
Pepper	
Parsley	

Method

1. Prepare the partridges. Peel the onions and stud them with cloves.
2. Peel and shred the cabbage and carrots. Blanch the cabbage, onion, carrot, bacon and sausages for 5 minutes then refresh and drain.
3. Roast the partridge in a hot oven 220°C for 10 minutes.
4. Line a braising pan with cabbage and place the birds, bacon, sausages, carrots, onions and the bouquet garni in the centre and cover with the remainder of the cabbage.
5. Three parts cover with stock.
6. Cover with a paper and lid, bring to the boil and braise slowly for one hour until the birds are tender.
7. Turn out the contents onto a sieve, cut the partridges in half. Remove the spine and breast bones.
8. Slice the bacon, and keep hot.
9. Arrange the cabbage in an oval dish, place the partridges on top and with carrot, sausages and bacon.
10. Garnish with chopped parsley and surround with a little of the sauce. Serve the remainder of the sauce in a sauceboat.

Notes:

1. Like all game birds, partridges need to be hung or they will be tough and tasteless. Old birds should be hung for 5 days.
2. They are in season 1 September to 1 February.
3. Almost all pheasant recipes may be used in preparing partridges.

2. BRAISED PHEASANT WITH CABBAGE

8 PORTIONS

Ingredients

Carrots	200 g
Frankfurter sausages	8
Streaky bacon	200 g
Bouquet garni	1 small
Cabbage	1.6 kg
Onions	100 g
<u>White stock</u>	750 ml
<u>Demi-glaze</u>	500 ml
Cloves	6
Salt	
Pepper	
Parsley	

Method

1. Prepare the pheasants. Peel the onions and stud them with cloves.
2. Clean and shred the cabbage and carrots.

3. Blanch the cabbage, onion, carrot, bacon and sausages for 5 minutes then refresh and drain.
4. Roast the pheasants in a hot oven 220°C for 15 minutes.
5. Line a braising pan with cabbage and place the birds, bacon, sausages, carrots, onions and the bouquet garni in the centre and cover with the remainder of the cabbage.
6. Three parts cover with stock.
7. Cover with a paper and lid, bring to the boil and braise slowly for approximately 1½ hours until the birds are tender.
8. Turn out the contents onto a sieve, carve each of the pheasants into portions.
9. Slice the bacon and keep hot.
10. Arrange the cabbage in an oval dish, place the pheasant on top and garnish with the carrots, sausages and bacon.
11. Garnish with chopped parsley and surround with a little sauce. Serve the remainder of sauce in a sauceboat.

Notes:

1. Pheasants are usually sold by the brace, ie a cock and a hen. The distinctive feature of the cock pheasant is the shape of its tail which is longer than the whole of its body and its neck feathers which are iridescent and shot with blue and green. The hen on the other hand has a short tail and is dull brown in colour. Hen birds are more juicy and tender.
2. Only the young birds should be roasted, old birds should be braised or used for game pies or stock.

PASTRY COVERED

3. GAME PIE

8 PORTIONS

Ingredients

Hare (saddle and legs)	600 g
Lean pork	200 g
Fat pork	200 g
Back fat	200 g
Madeira	150 ml
Brandy	75 ml
<u>Raised pie pastry</u>	800 g
Egg wash	1
Bay leaf	1
<u>Game jelly</u>	500 ml
Salt	
Pepper	
Spice	

Method

1. Prepare a firm pie pastry.
2. Grease a raised pie mould and place it onto a baking sheet.
3. Line the mould with two-thirds of the paste and then line the pastry with thin slices of back fat.
4. Bone the hare and remove the fillets. Flatten them out 25 mm square then roll them up in small slices of back fat and place to one side.
5. Remove any sinews, then mince the remainder of the flesh, the pork and half the back fat through a fine plate 3 times.
6. Mix all the ingredients together adding the Madeira, brandy and seasoning and then pass the mixture through a sieve.
7. Place half the mixture into the prepared mould and arrange the small fillet rolls neatly onto the filling, then cover with the remaining mixture.

8. Cover the surface with the remaining back fat and place a small bay leaf on top.
9. Cover the pie with the remainder of the pastry and seal the edges.
10. Egg wash and decorate the top make a small hole in the centre and insert a funnel of greaseproof paper to allow the steam to escape during cooking.
11. Allow to stand for one hour in a cool place, then egg wash again and bake in a moderate oven 190°C for 2½ hours.
12. Remove from the oven and carefully fill with warm game jelly.
13. Allow to cool and set. Remove the mould and brush the pastry over with game jelly to moisten the crust slightly and glaze the pie.

Note: The following game can be used in place of the hare:

Pheasant: Two young hens or one large old hen.

Partridge: Four old birds.

Grouse: Three old birds.

4. PIGEON PIE 8 PORTIONS

Ingredients

Beef	400 g
Onions	50 g
Parsley (chopped)	
Mushrooms	100 g
Pigeon breasts	4
Streaky bacon	200 g
<u>Brown stock</u>	500 ml
<u>Puff pastry</u>	200 g
Egg	1
Salt	
Pepper	

Method

1. Dice the beef, peel and finely chop the onions and parsley. Slice the mushrooms. Cut each of the pigeon breasts into 4 and wrap each piece in a rasher of bacon.
2. Arrange in a pie dish, add onion, parsley, mushrooms and beef. Season with salt and pepper.
3. Pour over the brown stock.
4. Cover with puff pastry, egg wash and cook in an oven at 180°C for 2½ hours.

5. RABBIT PIE 8 PORTIONS

Ingredients

Rabbit	1.2 kg
Button mushrooms	75 g
Onions	60 g
Parsley	5 g
Streaky bacon	250 g
<u>Brown stock</u>	250 ml
<u>Puff pastry</u>	200 g
Pepper	

Method

1. Cut the rabbit into joints.
2. Slice the mushrooms and finely chop the onions and parsley. Roll a slice of bacon around each piece of rabbit and place in a pie dish.
3. Cover with the mushrooms, parsley and onions. Season and half cover with stock.

4. Roll out the pastry 5 mm thick, cover the pie, egg wash and cook in an oven at 180°C for 2 hours.

6. VEAL AND HAM PIE

Ingredients

<u>Raised pie pastry</u>	750 g
Veal boneless	400 g
Gammon rashers	100 g
Streaky bacon rashers	100 g
Eggs	5
Onions	50 g
Oil	25 ml
Parsley (chopped)	5 g
<u>Aspic jelly</u>	250 ml

Method

1. Hard boil 4 of the eggs. Refresh and remove the shells. Peel and finely chop the onion. Cook in the oil without colouring and allow to cool.
2. Cut the veal and gammon rashers into scallops.
3. Grease a raised pie mould.
4. Roll out two-thirds of the pie pastry 5 mm thick and line the mould with the pastry. Line the paste with streaky bacon allowing the bacon to overlap the sides by 5 cm. Half fill the mould with alternating layers of seasoned veal and gammon. Sprinkle with parsley and onion.
5. Place the hard boiled eggs along the centre and continue layering with the veal, gammon, parsley and onion into the mould until it is full.
6. Fold in the streaky bacon to cover the surface. Egg wash the top edges of the pastry. Roll out the remaining pastry and cover the pie. Egg wash and allow to rest for one hour.
7. Bake in an oven 220°C for 15 minutes to set the paste, reduce the heat to 180°C and continue to bake slowly for 2½ hours. Remove the pie from the oven and allow to cool, fill with warm aspic jelly for 15 minutes.
8. Allow to go cold and then refrigerate for an hour before removing from the mould.

Note: If a raised pie mould is not available a sandwich loaf tin can be used. It should be lined with greaseproof paper before lining with paste to facilitate the removal of the cooked pie.

ROAST

7. ROAST GROUSE 8 PORTIONS

Ingredients

Young grouse	4
Oil	125 ml
Back fat	4 slices
<u>Game stock</u>	250 ml
Bread	8 slices
Shallots	25 g
White breadcrumbs	75 g
Butter	75 g
Watercress	100 g
<u>Game chips</u>	100 g
<u>Bread sauce</u>	200 ml
Parsley (chopped)	

Method

1. Clean the grouse, saving the liver. The feet should be trimmed and need to be covered with greaseproof paper during cooking. Winglets are cut off at the first joint.
2. Place a little salt inside the cavity and cover the breasts with a thin slice of back fat tied on loosely.
3. Place the birds into a roasting dish on their sides, baste with oil and place into a hot oven 250°C for 5 minutes.
4. Turn the birds over onto their other sides and roast for a further 5 minutes.
5. turn the birds onto their backs and continue to roast for 4 minutes then remove the back fat and colour the breasts. The whole process should not exceed 20 minutes as grouse ideally are served slightly underdone.
6. Remove the birds from the pan. Sprinkle with a little salt and keep warm. Strain off the surplus fat from the dish retaining as much of the cooking residue as possible and use this with the game stock to make a roast gravy.
7. Cut the bread into croutons 50 mm square and shallow fry them to a golden brown.
8. Peel and finely chop the shallots and cook them without colouring in a little oil.
9. Saute the livers, mix them with the shallots and pass through a coarse sieve then mix the parsley and seasoning.
10. Spread a little of this mixture on the fried croutons and reheat in the oven.
11. Fry the white breadcrumbs in the butter to a golden brown.
12. Cut each bird in half, remove the spine and breast bones and place each portion into a crouton on the serving dish which should be garnished with the game chips and watercress.
13. Serve the gravy, bread sauce and the fried breadcrumbs in sauce boats separately.

Note: It is not necessary to hang grouse prior to cooking.

8. ROAST SADDLE OF HARE 10 PORTIONS

Ingredients

Hare	5 saddles
Back fat	200 g
Onion	50 g
Carrot	50 g
Bouquet garni	1
Oil	60 ml
Red wine	250 ml
<u>Reforme sauce</u>	250 ml
Salt	

Method

1. Prepare the saddle by removing the outside shin and gristle and larding the meat with strips of back fat. Sprinkle with a little salt.
2. Make a marinade with the carrots, onion, bouquet garni, oil and red wine. Add the hare and marinade in a cool place for 24 hours.
3. Remove the hare from the marinade and dry with a clean cloth.
4. Roast in an oven 220°C until slightly undercooked.
5. Cut the saddle in half. Serve with reforme sauce.

9. ROAST PARTRIDGE 10 PORTIONS

Ingredients

Young partridges	10

Back fat	250 g
Oil	100 g
<u>Game stock</u>	250 ml
Parsley (chopped)	
Shallots	30 g
Bread	5 slices
White breadcrumbs	75 g
Butter	75 g
Watercress	1 bunch
<u>Game chips</u>	100 g
<u>Bread sauce</u>	250 ml
Salt	
Pepper	

Method

1. Clean the partridges saving the livers. Sprinkle the cavities with a little salt and cover the breast with thin slices of back fat and loosely tied on.
2. Place the birds in a roasting dish on their backs, baste with oil and roast in an oven at 200°C for 20 minutes. Remove the back fat and cook for a further 5 minutes to colour the breast.
3. Remove the birds from the oven and keep warm.
4. Strain off the surplus fat from the dish retaining as much of the residue as possible and use this with the game stock to make a roast gravy.
5. Peel and chop the shallots and cook without colouring in a little oil.
6. Saute the partridge livers, mix them with the shallots and pass them through a coarse sieve then mix in the chopped parsley and seasoning. Cut the bread into croutons 50 mm square and shallow fry to a golden brown.
7. Spread a little of the liver mixture on each crouton and reheat in the oven.
8. Shallow fry the white breadcrumbs in the butter until golden brown.
9. Place a bird on each crouton and serve on a dish garnished with game chips and watercress.
10. The gravy, bread sauce and fried breadcrumbs are served in sauce-boats separately.

Note: Partridges need to be hung or they will be tough and tasteless. Allow 4 days for young birds and 5-6 days for older ones.

10. ROAST PHEASANT 9 PORTIONS

Ingredients

Young pheasants	3
Back fat	200 g
Oil	50 ml
<u>Game stock</u>	250 ml
White breadcrumbs	75 g
Butter	75 g
Watercress	1 bunch
<u>Bread sauce</u>	200 ml
<u>Game chips</u>	90 g
Pepper	

Method

1. Clean the pheasants. The feet should be trimmed and need to be covered with greaseproof paper during cooking. Winglets are cut off at the first joint.
2. Sprinkle the cavities with a little salt and cover the breast with thin slices of back fat loosely tied on.

3. Place the birds into a roasting dish on their sides. Baste with oil and place into an oven at 220°C for 15 minutes. Turn the birds over on to the other side and roast for a further 15 minutes.
4. Turn the birds onto their backs and continue roasting for 10 minutes. Remove the back fat and allow the breast to colour. The whole process should not exceed 45 minutes.
5. Strain off the surplus fat from the dish retaining as much residue as possible and use this with the game stock to make a roast gravy.
6. Fry the white breadcrumbs in the butter to a golden brown.
7. Cut each bird into 3 portions and serve garnished with watercress and game chips. The gravy, bread sauce and fried breadcrumbs are served in sauceboats separately.

11. ROAST PIGEON 10 PORTIONS

Ingredients

Pigeons	1
Back fat	200 g
Oil	50 ml
<u>Brown stock</u>	250 ml
Watercress	1 bunch
<u>Game chips</u>	100 g
<u>Bread sauce</u>	250 ml
Salt	
Pepper	

Method

1. Clean the pigeon as for poultry. The feet are not cut off but are scalded and scraped.
2. Cover the breast with thin slices of back fat tied on loosely.
3. Place the birds in a roasting tin on their sides and roast in an oven at 220°C for 10 minutes.
4. Turn the birds over onto their other sides and roast for 10 minutes.
5. Turn the birds on their backs and roast for a further 5 minutes then remove the back fat to allow the breasts to colour.
6. Remove them from the pan, sprinkle lightly with salt and keep warm.
7. Strain off any surplus fat retaining as much of the residue as possible and use this with the brown stock to make a roast gravy.
8. Cut the bread into croutons 50 mm square and fry in oil to a golden brown.
9. Cut the pigeons in half, remove the backbones and serve garnished with watercress on a warm dish.
10. Serve the bread sauce and roast gravy in a sauceboat separately.

Notes:

1. Tame and wild pigeons may be eaten. Those commercially reared for the table are classed as poultry. Wild or wood pigeons are classified as game.
2. Young pigeons about one month old are known as squab. Allow one bird per person.

12. SNIPE 10 PORTIONS

Ingredients

Snipe	10
Bacon rashers	200 g

Bread	5 slices
White breadcrumbs	75 g
Butter	75 g
Watercress	1 bunch
<u>Bread sauce</u>	250 ml
<u>Game chips</u>	100 g
Salt	
Pepper	

Method

1. Prepare the woodcocks by removing the gizzards and the eyes. The intestines being the most delicate part, are not drawn.
2. Truss the birds by bringing the feet together and using the beak to fix them to the body. Cover the breasts with a thin slice of bacon.
3. Toast the bread on both sides and cut into croutons 50 mm square.
4. Place the birds on the croutons and roast them in an oven at 220°C for 10 minutes.
5. Shallow fry the white breadcrumbs in the butter to a golden brown.
6. When the birds are cooked remove them from the oven, take out the entrails and spread them on the croutons.
7. Replace the snipe on the croutons and serve in a dish garnished with the game chips and watercress.
8. The bread sauce and fried breadcrumbs are served in sauce-boats separately.

Note: Snipe are best hung for 3-5 days. They are in season from 12 August to 31 January.

VENISON

Quality and Buying

1. Venison is the name given to the meat of the deer family and is quite unmistakable. It is a very fine textured, dense, dark red meat which has little external natural fat and little marbling evident in the flesh. What fat there is will be white and firm in a young animal and yellow in an older more mature one. Venison is normally sold already jointed and a wide variety of fresh or deep frozen cuts are available throughout the year.

Hanging

2. Venison from older deer is the most popular because it has had time to develop and buck or stag venison is considered to be the best for flavour. Younger deer have a less “gamey” flavour but will provide a more tender meat, particularly in the choicest cuts. After skinning and cleaning, the animal is hung to develop more fully the distinctive, rich flavour of the meat and to aid the tenderising process. Hanging times will depend on the species, the age of the animal, the weather and the time of year and also personal taste. A young beast may be hung for up to a week or even eaten fresh, while an older one may be hung for up to 10 days, or longer if desired. Because red deer has especially lean meat with a full flavour, it requires a longer hanging time than fallow and roe deer, which both require less time.

Preparation and Cooking

3. Venison carries little natural fat and can be dry and tough. It is important in such cases that additional moisture and flavour is introduced by marinading the meat before cooking. This particularly applies to joints for roasting and braising. Marinading can take place for a period of 4 hours to 3 days, or longer, according to personal taste.

4. This will continue the tenderising process started during hanging, introduce moisture to the meat and help to develop its full flavour. Before marinading, care should be taken to remove all traces of fat as these will spoil the flavour of the meat. A suitable marinade may be made from red wine, port or a good quality wine vinegar and, preferably, olive oil, although most oils will be suitable. To this may be added any of the following: herbs, spices, juniper berries, bay leaves, parsley stalks, garlic, peppercorns and cleaned and chopped root vegetables: celery, onion and carrot. To ensure the joint is evenly treated and to prevent drying out, it should be turned occasionally during the marinading process.

5. As with all game, the meat of older animals will need slow cooking whereas the meat of young animals lends itself to frying and grilling. After marinading, joints for roasting may be larded with strips of pork back fat inserted into the joint at intervals with a larding needle. Because the meat is very lean, larding will aid the cooking process and add flavour. Like all meats, the various parts of the animal will require different preparation and treatment and the following chart lists the requirements and uses by joint:

Saddle/Loin Joints, first class roasting. Fillet: cut into medallions, grill or fry. Loin: cut into chops, grill or fry.

Leg or Haunch Joints, first class roasting, first class braising.

Shoulder Boned Joint, braising, baking, roasting. Diced: stewing, braising. Minced: use as an alternative to beef mince for chilli etc.

Flank Minced/Diced, stewing.

Neck: Cutlets, braising, baking.

13. ROAST VENISON 10 PORTIONS

Ingredients

Hunch or leg of venison	2 kg
Back fat	200 g
Onion	50 g
Celery	50 g
Carrot	50 g
Oil	150 ml
Red wine	250 ml
Bouquet garni	1
Salt	
Poivrade sauce	250 ml

Method

1. Prepare the haunch or leg by removing all the sinews, gristle and fat.
2. Lard the meat with strips of back fat.

3. Prepare a marinade with the carrots, onions, celery, bouquet garni, red wine and 75 ml of oil. Add the venison and marinade in a cool place for 3 days.
4. Remove the venison from the marinade and dry with a clean cloth.
5. Lightly season the joint then apply a generous coating of oil. Wrap the joint in tin foil.
6. Roast in an oven at 190°C for 50 minutes. Remove the tin foil and continue to roast for a further 15 minutes to colour the outside of the joint.
7. Carve slices from the joint and serve with poivrade sauce.

Notes:

1. The timings given for roasting will give an underdone finish to the joint. Increase the time by a further 5 minutes per kilo for a more well cooked joint.
2. Further suitable sauces and garnishes that may be served with this dish are: redcurrant jelly or apple sauce, puree of chestnuts, braised red cabbage and creamed potatoes.
3. Saddle of venison may also be used in this recipe although, if using venison from a young deer, do not marinade as this will impair the delicate flavour of the meat. Allow 2 kg of saddle of venison for 10 portions and for an underdone finish reduce the cooking time by 5 minutes per kg. Garnish using any of the garnishes described above.

14. ROAST WILD DUCK

Mallard, Teal and Widgeon are the most common types of wild duck available in Britain. Living on the coast or in marshy areas, the flesh of wild ducks tends to be rather oily. As a result the flesh turns rancid if the fowl are left to hand too long. Therefore, they should not be hung for more than 2 to 3 days. Wild ducks are in season from 1 September to 31 January. Only young birds should be roasted.

MALLARD

The mallard is the largest and most common wild duck and yields approximately 3 portions. Roast for 30 minutes at 220°C.

TEAL

Teal is the smallest of the 3 averaging 35 cm in length and weighing approximately 300 g. Allow one per portion. Roast for 20 minutes at 220°C.

WIDGEON

Widgeon is roughly between a mallard and teal in size and will serve 2. Roast at 220°C for 30 minutes. All 3 are served with watercress and wedges of lemon.

**15. ROAST WOODCOCK
10 PORTIONS***Ingredients*

Woodcocks	10
Bacon rashers	200 g
Bread	5 slices
White breadcrumbs	75 g
Butter	75 g
Watercress	1 bunch
<u>Bread sauce</u>	250 ml
<u>Game chips</u>	100 g
Salt	
Pepper	

Method

1. Prepare the woodcocks by removing the gizzards and the eyes. The intestines being the most delicate part are not drawn.
2. Truss the birds by bringing the feet together and using the beak to fix them to the body, cover the breasts with a thin slice of bacon.
3. Toast the bread on both sides and cut into croutons 50 mm square.
4. Place the bird on the croutons and roast them in a hot oven for 20 minutes.
5. Shallow fry the breadcrumbs in the butter to a golden brown.
6. When the birds are cooked remove them from the oven, take out the entrails and spread them on the crouton.
7. Replace the woodcocks on the crouton and serve on a warm dish. Garnish with game chips and watercress.
8. The bread sauce and fried breadcrumbs are served in sauce-boats separately.

Notes:

1. Woodcocks are best hung for 3 to 5 days.
2. They are in season from 1 October to 31 January or in Scotland 1 September to 31 January.

SAUTE**16. SUPREME OF PHEASANT
10 PORTIONS***Ingredients*

Young pheasants	5
Butter	100 g
White wine	100 ml
<u>Game stock</u>	50 ml

Method

1. Remove the supremes as for chickens, saving the legs for salmis or game pies.
2. Season the supremes and saute them in butter leaving them slightly under-cooked.
3. Remove the supremes from the pan and keep warm.
4. Deglace the pan with white wine, add a little game stock reduce by one third add the butter and allow it to just melt. Pour the sauce over the supremes.

Notes:

1. If supremes are over-cooked they will be dry so are best kept slightly underdone.
2. As an alternative the pheasant can be roasted whole, keeping the breast slightly underdone the supremes being removed just prior to service.
3. Most garnishes used for chicken supremes can be used for pheasant supremes. However, because the pheasant breast tends to dry out the following list of garnishes, sufficient for 10 portions are more appropriate.

Archiduc: Saute the supremes, remove from the pan and keep hot. Deglace the pan with 25 ml sherry, 25 ml port wine and 25 ml whisky. Reduce by one third add 125 ml cream and 125 ml chicken veloute combined with 100 g brunoise of vegetable and truffle. Bring to the boil and pour over the supremes.

Mushrooms: Saute the supremes, remove them from the pan and keep hot. Add 100 g sliced mushrooms to the pan and cook gently. Deglace the pan with Madeira and 100 ml game stock. Reduce by one third. Add 100 g butter, allow the butter to melt and then pour the sauce over the supremes.

Orange: Saute the supremes, remove them from the pan and keep hot. Deglace the pan with 25 ml brandy. Add the juice of 2 lemons and 150 ml of orange juice. Bring to the boil and pour the sauce

over the supremes. Variations of the above can be prepared using pineapple juice or tangerine juice in place of orange juice.

Smítane Saute the supremes, remove them from the pan and keep hot. Add 100 g of finely chopped shallots and allow to cook without colouring. Deglace the pan with 200 ml of white wine and 75 ml of veal stock. Reduce by one third. Add 125 ml sour cream and the juice of one lemon. Bring to the boil, mask the sauce over supremes and serve decorated with chopped parsley.

Truffle: Saute the supremes, remove them from the pan and keep hot. Add 25 g of truffle to the pan and cook gently. Deglace the pan with Madeira and 100 ml game stock. Reduce by one third, add 100 g butter, allow the butter to melt and then pour the sauce over the supremes.

STEW

17. JUGGED HARE 10 PORTIONS

Ingredients

Hares	2x1.6 kg
Onion	50 g
Carrot	50 g
Olive oil	150 ml
Red wine	150 ml
Streaky bacon	200 g
Flour	50 g
<u>Brown stock</u>	500 ml
Bouquet garni	1 small
Glazed button onions	100 g
Mushrooms	100 g
Redcurrant jelly	50 g
Port wine	150 ml
Bread	5 slices
Butter	100 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Skin the hares taking care not to cut into the belly.
2. Carefully slit open the belly and remove the entrails.
3. Cut into the diaphragm the membrane separating the chest cavity from the abdomen, remove the blood and retain it in a basin. See Notes.
4. Cut the hare into 75 g pieces and place in a basin.
5. Peel and slice the carrot and onion and add to the hare.
6. Add the red wine, olive oil, bouquet garni and seasoning.
7. Cover the basin and allow to marinade in a cool place for at least 24 hours turning regularly.
8. Cut the bacon into lardons. Shallow fry and drain.
9. Drain the marinade and retain.
10. Shallow fry the hare, onion and carrots until lightly coloured.
11. Add the flour and cook slowly until golden brown.
12. Moisten with the marinade and sufficient stock to form a light sauce. Add the lardons of bacon.
13. Bring to the boil stirring occasionally. Cover with a lid and cook on a low heat or in a slow oven until tender.
14. Cut the bread into heart shaped croutons and fry them to a golden brown in the butter.
15. Scallop the mushrooms and cook them in a little acidulated water.
16. When the hare is cooked turn it out onto a sieve. Place the pieces of hare, lardons of bacon, mushrooms and glazed button onions into a casserole and keep warm.
17. Strain the sauce, remove the fat and reduce it until it lightly coats the back of a spoon.

18. Remove from the heat and stir in the blood, ensuring that it does not boil or the sauce will curdle.
19. Adjust the seasoning and add the redcurrant jelly and port wine.
20. Strain the sauce through a muslin over the hare.
21. Garnish with the heart shaped croutons with the points dipped in the sauce and then into chopped parsley.

Notes:

1. There is no closed season for hares, although they are best between October and February.
2. Hares are hung by the hind legs without the entrails being removed for between 3 and 5 days.
3. The blood collects in the chest cavity and care should be taken when removing the entrails not to damage the diaphragm.
4. To prevent the blood coagulating, add 5 ml of vinegar. Covered it should keep for up to 3 days in a refrigerator.

18. FRICASSE OF RABBIT 10 PORTIONS

Ingredients

Rabbit (prepared)	1.2 kg
Butter	100 g
Flour	100 g
<u>Veal or chicken stock</u>	1.5 ltr
Bouquet garni	1 small
Button onions	150 g
Button mushrooms	125 g
Lemon	1
Bread	5 slices
Oil	50 ml
Cream	75 ml
Egg	1
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the rabbit into joints, blanch, refresh and drain. Peel the onion.
2. Melt the butter in a saucepan, add the rabbit and fry lightly without colouring. Remove the meat from the pan. Add the flour and cook to a sandy texture, add the boiling stock slowly and combine into a smooth white sauce. Place the meat back into the sauce, add the bouquet garni and simmer for 30 minutes. Add the onions and cook until they are tender.
3. Wash and peel the mushrooms, cut into scallops. Place in a saucepan with a little lemon juice, seasoning, a knob of butter and a little water. Bring to the boil and simmer for 5 minutes. Drain the rabbit and onions from the sauce and keep warm.
4. Strain the sauce and reduce to coat the back of a spoon.
5. Cut the bread into heart shaped croutons and fry in the oil.
6. Mix the egg yolk and cream together, add a little sauce to this to bring to moderate temperature. Add this liaison to the sauce and whisk together. Do not boil after this stage or the sauce will curdle.
7. Add all the ingredients together and re-heat carefully. Serve decorated with the heart shaped croutons partly dipped in the sauce and then in the chopped parsley.

19. SALMIS OF GAME 8 PORTIONS

Ingredients

Cooked pheasants	2
Carrot	50 g
Onion	50 g
Oil	50 ml
Red wine	250 ml

<u>Brown stock</u>	125 ml
<u>Demi glace</u>	250 ml
Button mushrooms	200 g
Lemon	1
<u>Glazed button onions</u>	150 g
Bread	4 slices
Parsley	
Salt	
Pepper	

Method

1. Carve the pheasants as for roast chicken.
2. Peel and roughly chop the carrot and onion.
3. Chop up the carcass and fry it with the carrot and onion.
4. Remove the surplus oil, cover the carcass with the red wine and stock and bring to the boil.
5. Add the demi glace and simmer for 2 hours.
6. Wash and peel the mushrooms, cut them into scallops. Place in a saucepan with a little water. Bring to the boil and simmer for 5 minutes.
7. Pass the sauce through a fine strainer.
8. Boil the sauce and adjust the consistency to cover the back of a spoon.
9. Place the portions of pheasant, mushrooms and button onions in a casserole or deep serving dish, cover with a lid and heat through.
10. Cut the bread into heart shaped croutons and fry in the oil.
11. Pour the sauce over the pheasants, reheat but do not boil.
12. Garnish with the heart shaped croutons with the points dipped in sauce and chopped parsley.

Notes:

1. Partridge can also be used for this dish. In which case the partridges are cut in half lengthways.
2. Allow 4 partridges for this number of portions.

20. VITNERS STEW

10 PORTIONS

Ingredients

Hares	2x1.6 kg
Red burgundy	500 ml
Oil	300 ml
Garlic	1 clove
Thyme	2 sprigs
Carrot	100 g
Onion	100 g
Flour	100 g
<u>Beef stock</u>	500 ml
<u>Glazed button onions</u>	100 g
Button mushrooms	100 g
Salt pork fat	50 g
Salt	
Pepper	
Parsley (chopped)	
Black pepper	
Bread	5 slices
Butter	100 g

Method

1. Prepare a marinade with the wine, 200 ml of oil, crushed garlic, 2 sprigs of thyme, 2 sprigs of parsley and salt and pepper.
2. Peel and slice the carrot and onion and add to the marinade.
3. Skin the hare and remove the entrails.

4. Cut the hare into pieces and marinade for 2 days, turning regularly.
5. Remove the hare from the marinade and dry the excess moisture with a clean cloth.
6. Season with ground black pepper and salt, dust with flour and saute in 100 ml of oil to a golden brown.
7. Pour off the excess oil and add the marinade, beef stock and sufficient wine to cover the hare.
8. Bring to the boil, skim and simmer for 1½ hours.
9. Cut the salt pork fat into lardons and saute until lightly cooked.
10. Place the hare in a casserole and keep hot.
11. Skim the sauce and adjust the seasoning.
12. Add the pieces of hare, button mushrooms, glazed button onions and lardons. Cook for a further 30 minutes until the hare is tender.
13. Cut the bread into heart shaped croutons and fry to a golden brown in the butter.
14. Serve the stew in the casserole garnished with the heart shaped croutons and chopped parsley.

Note: Rabbit can be used in place of hare. Allow 3 rabbits for 10 portions.

TERRINE

21. TERRINE OF GAME

10 PORTIONS

Ingredients

Pheasants	1
Streaky bacon	250 g
Lean Pork	100 g
Veal	100 g
Pork Fat	200 g
Liver	50 g
Bay Leaf	1
Thyme	1 Sprig
Brandy	25 ml
Truffle	50 g
Salt	
Pepper	

Method

1. Draw the pheasant and remove the skin and bone.
2. Line the terrine dish with streaky bacon.
3. Fry the lean pork, veal and liver with the bay leaf and thyme, flame with brandy. Pass once through a mincer fitted with a coarse plate and then 4 times through a mincer fitted with a fine plate. This produces the force-meat. Cut the pork fat into lardons.
4. Place an even layer of forcemeat on the bottom of the dish. On this arrange fillets of the game meat, the lardons of pork fat and the truffle. Fill the dish with single or alternate layers finishing with a layer of forcemeat.
5. Cover the final layer of forcemeat with streaky bacon and cover the dish with a lid. Stand the dish in a tray of water and cook in an oven at 180°C.
6. The time of cooking will depend on the size of the terrine but the process will be complete when the fat that rises is perfectly clear.
7. When the terrine is cooked remove it from the oven, take off the lid and allow it to cool under slight pressure.

Notes:

1. If the terrine is to be presented on a buffet, it should be removed from its container, trimmed, and the excess fat

removed. Into a clean terrine pour sufficient game aspic to just cover the bottom and allow to set. Replace the terrine of game into the dish and fill with game aspic on the point of setting.

2. Partridge or hare can be used in place of pheasant. Allow either 1 hare or 2 partridges for this amount.

PART 2 - KITCHEN

CHAPTER SIXTEEN

Sausages

	STANDARD RECIPE		GRILLED
1.	Beef sausage meat	10.	Sausage
2.	Pork sausage meat		
3.	Beef		PASTRY COVERED
4.	Pork	11.	Sausage Rolls
			a. Puff pastry
	COMPOSITE		b. Short pastry
5.	Haggis		
6.	Toad in the hole		
	FRIED		
7.	Chipolata sausage bercy		
8.	Sausage		
9.	Venison Sausage		

INTRODUCTION

British Sausages

1. British sausages have traditionally been made from inexpensive cuts and trimmings of various butchers meats. The mixture is filled into cleaned intestines of sheep or pigs and these are linked to the desired size and weight. Nowadays the majority of sausage skins are artificially produced from cellulose.

2. The traditional British sausage is made from pork or beef or a combination of both. A variety of different sausages made from alternative ingredients will be found in the various regions of the UK for example:

a. **Cumberland sausages.** These are made from coarsely chopped pork, herbs and spices and a generous measure of black pepper.

b. **Black Pudding.** These are made from pigs blood, coarsely chopped pork fat, herbs and spices. White and red pudding are also available and are made from freshly minced pork and pork fat with the addition of herbs and spices, seasoning, eggs and fresh cream. The British style is to fry or grill the sausage and serve at either breakfast or lunch using any of the recipes in this section. Sausages and chipolata are also used as garnish for dishes such as roast turkey or kidney turbigo. They are also a component of the traditional mixed grill. Sausage meat may be used as a base for stuffing as in chestnut stuffing or as a filling for braised stuffed cabbage, or as a binding agent with jugged hare.

Continental Sausages

3. On the continent mainland there are a great many different types of sausage made from a wide variety of meats and flavourings are available. Some of the more common types available are:

a. **Bratwurst.** German sausages made from finely minced pork or veal. It should be grilled or fried and served hot.

b. **Bierwurst.** German dried sausage made from coarsely minced spiced pork, flavoured with garlic. Sliced and served cold.

c. **Frankfurter.** Smoked German sausage made from minced pork and salt bacon fat. It should be poached and served hot.

d. **Bockwurst.** German sausage similar to a frankfurter but larger and made from a mixture of beef and pork or veal and pork highly spiced. It should be poached and served hot.

e. **Salami.** A type of dry sausage originally produced in Italy, made from finely chopped lean pork and pork fat. Highly seasoned it is flavoured with garlic and red wine. The salami is smoked and, if carefully stored, will keep for a considerable amount of time. Sliced and served cold.

f. **Pepperoni.** A dry sausage produced in Italy, made from coarsely chopped beef and pork. Flavoured with fennel spices and hot peppers. Sliced and served cold.

g. **Mortadella.** A large sausage traditionally made in Bologna, Italy. Made of finely minced ham, pork and pork fat. Flavoured with freshly ground white pepper-corns crushed with garlic and pistachio nuts. Sliced and served cold.

STANDARD RECIPES

1. BEEF SAUSAGE MEAT

4.5 KILOGRAMS

Ingredients

Lean beef	2.3 kg
Beef fat	1.1 kg
White breadcrumbs	675 g
Water	325 ml
Salt	70 g
Sausage pepper	20 g
Ground mace	5 g
Ground nutmeg	5 g

Method

1. Mix together the seasoning and breadcrumbs.
2. Add the water, mix and allow to stand for 15 minutes.
3. Cut the fat into dice.
4. Mince the lean beef through a coarse plate.
5. Mix all the ingredients together and mince through a medium plate.

Note: 325 g of proprietary rusk may be used in place of breadcrumbs, in which case an additional 150 ml of water must be added.

2. PORK SAUSAGE MEAT

4.5 KILOGRAMS

Ingredients

Lean pork	2.3 kg
Pork fat	1.1 kg
White breadcrumbs	675 g
Water	325 ml
Salt	70 g
Sausage pepper	20 g
Ground mace	5 g
Ground nutmeg	5 g

Method

1. Mix together seasoning and breadcrumbs.
2. Add the water, mix and allow to stand for 15 minutes.
3. Cut the fat into dice.
4. Mince the lean pork through a coarse plate.
5. Mix all the ingredients together and mince through a medium plate.

Note: 325 g of proprietary rusk may be used in place of breadcrumbs, in which case an additional 150 ml of water must be used.

3. BEEF SAUSAGES

80 SAUSAGES

Ingredients

<u>Beef sausage meat</u>	4.5 kg
Sausage skins	

Method

1. Wash, then soak the sausage skins for 2 hours in clean cold water.
2. Fill the sausage meat into the skin and link 8 to 450 g.
3. Hang the sausages in a cool dry place for at least 12 hours before cooking.

Note: Chipolata sausages are linked 16 to 450 g.

4. PORK SAUSAGES

80 SAUSAGES

Ingredients

Pork sausage meat	4.5 kg

Sausage skins

Method

1. Wash the sausage skins, then soak them for 2 hours in clean cold water.
2. Fill the sausage meat into the skin and link 8 to 450 g.
3. Hang the sausages in a cool dry place for at least 12 hours before cooking.

Note: Chipolata sausages are linked 16 to 450 g.

COMPOSITE

5. HAGGIS

8 PORTIONS

Ingredients

Stomach bag of sheep	
The Pluck (heart, liver and lights)	
Suet	400 g
Oatmeal	400 g
Onions	100 g
Salt	
Pepper	
Allspice	Pinch
Cayenne pepper	Pinch

Method

1. Clean the bag and soak it in cold water with a little salt for 4 hours.
2. Wash the pluck thoroughly. Put it into a saucepan, letting the windpipe hang over the side into a bowl to drain out the impurities cover with water, bring to the boil and cook for 2 hours.
3. Remove from the heat and allow to cool. Save the cooking liquor.
4. When cold cut away the windpipe. Pass the heart, liver and lights through a mincer.
5. Peel and finely chop the onions. Toast the oatmeal and shred the suet.
6. Mix all the ingredients together, moisten with the cooking liquor add the herbs and seasoning.
7. Half fill the bag with the mixture, this is to allow for expansion and sew up the hole.
8. Put the haggis in a saucepan, cover it with water, bring to the boil and simmer slowly for 4 hours.

6. SAUSAGE TOAD IN THE HOLE

10 PORTIONS

Ingredients

<u>Sausages</u>	20
Oil	75 ml
Flour	150 g
Milk/water	200 ml
Eggs 2	
<u>Jus lie</u>	250 ml

Method

1. Sieve the flour and salt into a basin, make a bay.
2. Whisk together the eggs and milk/water.
3. Add to the flour, whisking thoroughly and then pass through a conical strainer.
4. Lightly fry or grill the sausages.
5. Heat the oil in moulds or small trays and pour in the batter.
6. Arrange the sausages in the batter and place in a hot oven to cook.
7. Serve with jus lie.

FRIED**7. CHIPOLATA SAUSAGE BERCY**
10 PORTIONS*Ingredients*

<u>Chipolata sausage</u>	40
White wine	125 ml
<u>Demi-glace</u>	250 ml
Shallots	50 g
Butter	125 g
Parsley (chopped)	
Oil	
Salt	
Pepper	

Method

1. Fry the chipolatas in a pan then place them in a serving dish and keep hot.
2. Strain off the surplus fat and fry the finely chopped shallots without colouring. Add the white wine and reduce by half.
3. Add the demi-glace, bring to the boil and remove from the heat.
4. Whisk in the butter a little at a time. Adjust the seasoning.
5. Pour the sauce over the chipolatas. Decorate for service with chopped parsley.

Note: This dish is normally served together with mashed potatoes.

8. FRIED SAUSAGES
8 PORTIONS*Ingredients*

<u>Sausages</u>	900 g
Oil	

Method

1. Prick the sausages with a fork.
2. Warm the oil in a frying pan and gently fry the sausages to a golden brown turning them regularly.

Note: Sausages should be cooked slowly to avoid splitting the skins.

9. VENISON SAUSAGES
80 SAUSAGES*Ingredients*

Lean version	2.2 kg
Beef fat	1.3 kg
White breadcrumbs	600 g
Water	300 g
Salt	50 g
Pepper (White or Black)	15 g
Mustard powder	5 g
Ground ginger	5 g
Thyme	5 g
Sausage Skins	

Method

1. Wash the sausage skins in clean water, then soak them for 2 hours.
2. Mix together the seasoning and breadcrumbs.
3. Add the water, mix and allow to stand for 15 minutes.
4. Cut the fat into small dice.
5. Mince the lean venison through a coarse plate.
6. Mix all the ingredients and mince through a medium plate.
7. Hang the sausages in a cool dry place for 12 hours before cooking.
8. Prick the sausages with a fork.

9. Warm the oil in a frying pan and gently fry the sausages to a golden brown turning them regularly.

Notes:

1. 300 g of proprietary rusk may be used in place of breadcrumbs in which case an additional 140 ml water must be used.
2. Sausages should be cooked slowly to avoid splitting the skins.

GRILLED**10. GRILLED SAUSAGES**
8 PORTIONS*Ingredients*

<u>Sausages</u>	900 g
Oil	

Method

1. Prick the sausages and lay out on greased trays.
2. Brush with oil.
3. Cook slowly under a grill, turning the sausages regularly until cooked to a golden brown.

PASTRY COVERED**11. a. SAUSAGE ROLLS WITH PUFF PASTRY**
8 PORTIONS*Ingredients*

<u>Sausage meat</u>	450 g
Egg	1
<u>Puff pastry</u>	200 g

Method

1. Roll out the puff pastry 3 mm thick.
2. Cut into lengths 10 cm wide.
3. Roll out the sausage meat 25 mm diameter and place onto the pastry. Moisten the edges then fold over the pastry and seal together.
4. Mark the top for decoration, egg wash and cut into the required number of portions, each to be 10 cm long.
5. Place onto a dampened baking sheet and bake in an oven at 200°C for 20 minutes.

11. b. SAUSAGE ROLLS WITH SHORT PASTRY
8 PORTIONS*Ingredients*

<u>Sausage meat</u>	450 g
Egg	1
<u>Short pastry</u>	300 g

Method

1. Roll out the short pastry 5 mm thick.
2. Cut into lengths 10 cm wide.
3. Roll out the sausage meat 25 mm diameter and place onto the pastry. Moisten the edges then fold over the pastry and seal the edges together.
4. Mark the top for decoration with egg wash and cut into the required number of portions, each roll to be 10 cm long.
5. Place onto a greased baking sheet.
6. Bake in a hot oven for 20 minutes.

PART 2 - KITCHEN

CHAPTER SEVENTEEN

Stuffings

SAVOURY

1. Chestnut
2. Duxelles
3. Parsley and thyme
4. Sage and onion
5. Vegetable

FRUIT

6. Apricot

SAVOURY 1. CHESTNUT STUFFING 1 KILOGRAM <i>Ingredients</i> <table> <tr><td><u>Sausage meat</u></td><td>400 g</td></tr> <tr><td>White breadcrumbs</td><td>200 g</td></tr> <tr><td>Suet</td><td>200 g</td></tr> <tr><td>Egg</td><td>1</td></tr> <tr><td>Chestnuts</td><td>200 g</td></tr> <tr><td><u>White stock</u></td><td>500 ml</td></tr> <tr><td>Mixed herbs</td><td></td></tr> <tr><td>Salt</td><td></td></tr> <tr><td>Pepper</td><td></td></tr> <tr><td>Lemon</td><td>1</td></tr> </table> <i>Method</i> - Split the shells of the chestnuts with a knife and bake them in a moderate oven for 20 minutes or blanch in boiling water for 10 minutes. - Peel off the shell and inner skin, poach the nuts in white stock until just cooked; drain, cool and chop the flesh. - Grate the zest of lemon and squeeze out the juice. Discard the flesh. - Finely chop the suet. - Mix all the ingredients together to form the stuffing. 2. DUXELLE 1 KILOGRAM <i>Ingredients</i> <table> <tr><td>Mushroom trimmings or stalks</td><td>450 g</td></tr> <tr><td>Breadcrumbs</td><td>250 g</td></tr> <tr><td>Oil</td><td>25 ml</td></tr> <tr><td>Shallots or onions</td><td>50 g</td></tr> <tr><td><u>Demi-glaze</u></td><td>250 ml</td></tr> <tr><td>Parsley (chopped)</td><td>10 g</td></tr> <tr><td>Salt</td><td></td></tr> <tr><td>Pepper</td><td></td></tr> </table> <i>Method</i> - Wash, drain and finely chop the mushroom trimmings. - Peel and chop the shallots or onions and fry them in oil to a golden colour. - Add the chopped mushrooms and cook until all the water evaporates. - Add the demi-glaze and bring to the boil, remove from the heat and add the breadcrumbs, chopped parsley and seasoning. Notes: 100 g of finely chopped ham may be added to the above recipe if desired. - This stuffing is used primarily for filling tomatoes, mushrooms, aubergines, marrow and onions.	<u>Sausage meat</u>	400 g	White breadcrumbs	200 g	Suet	200 g	Egg	1	Chestnuts	200 g	<u>White stock</u>	500 ml	Mixed herbs		Salt		Pepper		Lemon	1	Mushroom trimmings or stalks	450 g	Breadcrumbs	250 g	Oil	25 ml	Shallots or onions	50 g	<u>Demi-glaze</u>	250 ml	Parsley (chopped)	10 g	Salt		Pepper		3. PARSLEY AND THYME STUFFING 1 KILOGRAM <i>Ingredients</i> <table> <tr><td>Breadcrumbs</td><td>800 g</td></tr> <tr><td>Onions</td><td>50 g</td></tr> <tr><td>Oil</td><td>25 ml</td></tr> <tr><td>Lemon</td><td>1</td></tr> <tr><td>Suet</td><td>100 g</td></tr> <tr><td>Parsley (chopped)</td><td>10 g</td></tr> <tr><td>Thyme</td><td>5 g</td></tr> <tr><td>Eggs</td><td>2</td></tr> <tr><td>Milk</td><td>200 ml</td></tr> <tr><td>Salt</td><td></td></tr> <tr><td>Pepper</td><td></td></tr> </table> <i>Method</i> - Peel and finely chop the onions and cook them without colouring in the oil. Allow to cool. - Grate the zest from the lemon. - Finely chop the suet. - Roughly chop the parsley and thyme. - Whisk the eggs and milk together then combine all the ingredients to form this stuffing. Notes: - This stuffing is suitable for chicken, lamb hearts, rabbit and veal. - When using with poultry, cooked lardons of bacon or diced cooked ham may be added. 4. SAGE AND ONION STUFFING 1 KILOGRAM <i>Ingredients</i> <table> <tr><td>Onions</td><td>225 g</td></tr> <tr><td>Oil</td><td>25 ml</td></tr> <tr><td>Sage (chopped)</td><td>5 g</td></tr> <tr><td><u>Brown stock</u></td><td>500 ml</td></tr> <tr><td>Breadcrumbs</td><td>450 g</td></tr> <tr><td>Pork, goose or duck dripping</td><td>50 ml</td></tr> <tr><td>Parsley (chopped)</td><td>5 g</td></tr> <tr><td>Salt</td><td></td></tr> <tr><td>Pepper</td><td></td></tr> </table> <i>Method</i> - Finely chop the onion and fry them in the oil to a golden brown. - Add the breadcrumbs, parsley, sage and brown stock to the onions. - Cook for 2 minutes, stirring constantly. - Stir in the dripping.	Breadcrumbs	800 g	Onions	50 g	Oil	25 ml	Lemon	1	Suet	100 g	Parsley (chopped)	10 g	Thyme	5 g	Eggs	2	Milk	200 ml	Salt		Pepper		Onions	225 g	Oil	25 ml	Sage (chopped)	5 g	<u>Brown stock</u>	500 ml	Breadcrumbs	450 g	Pork, goose or duck dripping	50 ml	Parsley (chopped)	5 g	Salt		Pepper	
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5. VEGETABLE STUFFING 1 KILOGRAM <i>Ingredients</i> <table> <tr> <td>Celery</td> <td>400 g</td> </tr> <tr> <td><u>White stock</u></td> <td>250 ml</td> </tr> <tr> <td>Onion</td> <td>100 g</td> </tr> <tr> <td>White breadcrumbs</td> <td>400 g</td> </tr> <tr> <td>Butter</td> <td>25 g</td> </tr> <tr> <td>Orange</td> <td>1</td> </tr> <tr> <td>Eggs</td> <td>2</td> </tr> <tr> <td>Salt</td> <td></td> </tr> <tr> <td>Pepper</td> <td></td> </tr> </table> <i>Method</i> 1. Clean and trim the celery and cut into 10 cm lengths. 2. Place in a saucepan cover with white stock and simmer for 30 minutes until tender. 3. Peel and finely chop the onion and cook without colouring in the butter. 4. Mince the celery and onion through a medium plate. 5. Grate the zest from the orange and squeeze out the juice. 6. Mix all the ingredients together and bind the eggs.	Celery	400 g	<u>White stock</u>	250 ml	Onion	100 g	White breadcrumbs	400 g	Butter	25 g	Orange	1	Eggs	2	Salt		Pepper		FRUIT 6. APRICOT STUFFING 1 KILOGRAM <i>Ingredients</i> <table> <tr> <td>Dried apricot</td> <td>400 g</td> </tr> <tr> <td>White breadcrumbs</td> <td>300 g</td> </tr> <tr> <td>Lemon</td> <td>1</td> </tr> <tr> <td>Eggs</td> <td>2</td> </tr> <tr> <td>Salt</td> <td></td> </tr> <tr> <td>Pepper</td> <td></td> </tr> </table> <i>Method</i> 1. Soak the apricots overnight in cold water. 2. Drain and finely chop the apricots. 3. Grate the zest and squeeze the juice of the lemon. 4. Mix the apricots, breadcrumbs, lemon zest, juice and seasoning together, bind with the beaten eggs. Note: This stuffing is suitable for boiled or baked gammon.	Dried apricot	400 g	White breadcrumbs	300 g	Lemon	1	Eggs	2	Salt		Pepper	
Celery	400 g																														
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Eggs	2																														
Salt																															
Pepper																															

PART 2 - KITCHEN

CHAPTER EIGHTEEN

Farinaceous/Pasta

	PASTE		7.	Ravioli
1.	Noodle		8.	Spaghetti au gratin
	FILLING		9.	Spaghetti Bolognaise
2.	Cannelloni/Ravioli		10.	Spaghetti Italienne
	PASTA		11.	Spaghetti Milanaise
3.	Cannelloni		12.	Spaghetti Napolitaine
4.	Lasagne			GNOOCHI
5.	Macaroni Cheese		13.	Parisienne
6.	Noodles in butter		14.	Romaine

PASTE

1. NOODLE PASTE
500 GRAMS*Ingredients*

Flour	400 g
Oil	25 ml
Eggs	4
Salt	pinch

Method

1. Sieve the flour with the salt.
2. Make a bay, add the eggs and oil, mix to a stiff paste then allow to rest for 20 minutes.
3. Dust lightly with flour and use as required.

SECTION 2 - FILLINGS

2. CANNELLONI/RAVIOLI FILLING
600 GRAMS*Ingredients*

Cooked veal or beef	100 g
Spinach	400 g
Garlic	1 clove
Cooked brains	100 g
Eggs	2
Butter	25 g
<u>Demi-glace</u>	125 ml
Salt	
Pepper	

Method

1. Cook the spinach in boiling salted water then refresh, press out all the water and pass it through a sieve.
2. Hard boil the eggs. Refresh and remove the shells.
3. Finely chop or mince the meat. Peel and chop the garlic.
4. Chop the brains and eggs.
5. Heat a little butter in a saucepan, add the garlic, meat, brains, egg and spinach and bind with demi-glace.
6. Season and cook over a moderate heat for 2 minutes then allow to cool and use as required.

PASTA

3. CANNELLONI
10 PORTIONS*Ingredients*

<u>Noodle paste</u>	500 g
<u>Cannelloni filling</u>	300 g
Egg	1
Milk	50 ml
<u>Tomato sauce</u>	250 ml
Cheese	50 g

Method

1. Roll out the paste 2 mm thick and cut into 10 cm squares.
2. Blanch in boiling salted water for 5 minutes refresh, and drain in a colander and allow to dry.
3. Lay out the squares of paste on a table and with a piping bag and 15 mm plain tube pipe a roll of filling along the middle of each piece of paste.
4. Egg wash one edge, roll up similarly to a sausage roll.
5. Poach in boiling salted water for 15 minutes, drain and refresh.
6. Neatly arrange the cannelloni in a shallow fireproof dish, mask with tomato sauce, sprinkle with grated cheese and colour in a hot oven or under a grill for service.

4. LASAGNE
10 PORTIONS*Ingredients*

<u>Noodle paste</u>	500 g
Tomatoes	800 g
Lean beef	500 g
Onions	100 g
Oil	25 ml
Garlic	2 cloves
<u>Demi glace</u>	250 ml
<u>Cheese sauce</u>	500 ml
Parmesan cheese	25 g
Salt	
Pepper	

Method

1. Mince the beef, crush and chop the garlic, blanch and skin the tomatoes.
2. Slice half the tomatoes. Remove the seeds from the remainder and cut the flesh into small dice.
3. Peel and finely chop the onions and cook them in a pan in the oil until tender without colouring.
4. Add the garlic and the minced beef and cook for a further 5 minutes.
5. Add the diced tomatoes and the demi-glace bring to the boil and simmer for 30 minutes.
6. Roll out the noodle paste 2 mm thick and cut it into rectangles 10 cm x 6 cm.
7. Cook the paste in boiling salted water with a little oil for 10 minutes. Drain well.
8. Butter a fireproof dish and place a layer of lasagne in the bottom. Add the meat sauce and a layer of sliced tomato, cover with another layer of lasagne. Coat with cheese sauce and continue to fill the dish in this way.
9. Finish with a layer of cheese sauce. Sprinkle with grated parmesan cheese and bake in an oven at 200°C to a golden brown.

Note: Lasagne can be purchased ready prepared. The noodle paste can be flavoured with spinach to produce Lasagne Verdi.

5. MACARONI CHEESE
10 PORTIONS*Ingredients*

Macaroni	500 g
<u>White Sauce</u>	1.5 ltr
Cheese	100 g
Butter	100 g
Salt	
Pepper	

Method

1. Cook the macaroni in boiling salted water for 10 minutes then refresh and drain well.
2. Bring the white sauce to the boil, add the macaroni and half of the grated cheese and withdraw from the heat.
3. Add seasoning, pour into a fireproof dish, sprinkle with the remaining cheese and colour in an oven at 200°C or under a grill for service.

6. NOODLES IN BUTTER 10 PORTIONS

Ingredients

<u>Noodle paste</u>	500 g
Butter	100 g
Parmesan cheese	100 g
Salt	
Pepper	

Method

1. Roll out the noodle paste into thin sheets, 2 mm thick and 20 cm long.
2. Place on greaseproof paper and allow to dry for 30 minutes.
3. Roll up and cut into 5 mm strips.
4. Cook in boiling salted water for 10 minutes, refresh and then drain in a colander.
5. Heat the butter in a shallow saucepan until it ceases to bubble. Add the noodles, season and toss together until the noodles are thoroughly heated through. Serve sprinkled with grated parmesan cheese.

7. RAVIOLI 10 PORTIONS

Ingredients

<u>Noodle paste</u>	500 g
Egg	1
Milk	25 ml
Cheese	50 g
<u>Ravioli filling</u>	300 g
<u>Tomato sauce</u>	250 ml
Salt	
Pepper	

Method

1. Divide the paste into 2 pieces and roll out each piece 2 mm thick, keeping the pieces an even size. Egg wash one piece.
2. Put the ravioli filling in a piping bag and pipe hazel nut sized pieces 25 mm apart onto the egg washed paste.
3. Cover with the remaining paste and press down between each row of the filling.
4. With the blunt end of a 25 mm round cutter press down around each piece of filling then cut into equal sized squares ensuring the filling is in the centre of the square.
5. Poach in boiling salted water for 10 minutes then refresh and drain in a colander.
6. Arrange the ravioli in a shallow fireproof dish, mask over with tomato sauce, sprinkle with grated cheese and colour in a hot oven or under a grill for service.

8. SPAGHETTI AU GRATIN 10 PORTIONS

Ingredients

Spaghetti	500 g
<u>White sauce</u>	1.5 ltr
Cheese	100 g
Butter	100 g

Method

1. Cook the spaghetti in boiling salted water for 10 minutes then refresh and drain well.
2. Bring the white sauce to the boil, add the spaghetti and half of the grated cheese.

3. Add seasoning, pour into a fireproof dish, sprinkle with the remaining cheese and colour in a hot oven or under a grill.

9. SPAGHETTI BOLOGNAISE 10 PORTIONS

Ingredients

Lean beef	500 g
Tomatoes	400 g
Onions	100 g
Oil	25 ml
Garlic	2 cloves
<u>Demi-glace</u>	250 ml
Spaghetti	500 g
Butter	50 g
Parmesan cheese	50 g
Parsley	
Salt	
Pepper	

Method

1. Mince the beef. Concasse the tomatoes, peel and chop the garlic.
2. Peel and finely chop the onions and cook in the oil until tender without colouring.
3. Add the garlic and the minced beef and cook for a further 5 minutes.
4. Add the diced tomatoes and demi-glace, bring to the boil, season and simmer for 30 minutes.
5. Boil the spaghetti in salted water for 10 minutes, refresh and drain them in a colander.
6. Heat the butter in a shallow saucepan, add the spaghetti, and seasoning and toss until thoroughly reheated.
7. Place the spaghetti in a serving dish with the bolognaise sauce in the centre.
8. Sprinkle the spaghetti with grated parmesan cheese and the bolognaise sauce with chopped parsley for service.

10. SPAGHETTI ITALIENNE 10 PORTIONS

Ingredients

Spaghetti	500 g
Cheese	100 g
Butter	100 g
Salt	
Pepper	

Method

1. Cook the spaghetti in boiling salted water for 10 minutes, refresh and then drain in a colander.
2. Heat the butter in a shallow pan, add the spaghetti and seasoning and toss until thoroughly reheated.
3. Pour into a heated serving dish and sprinkle with grated cheese for service.

11. SPAGHETTI MILANAISE 10 PORTIONS

Ingredients

Spaghetti	500 g
Mushrooms	500 g
Butter	100 g
Cooked tongue	50 g
<u>Tomato sauce</u>	500 ml
Salt	
Pepper	

Method

1. Cook the spaghetti in boiling salted water for 10 minutes.
2. Refresh and then drain in a colander.
3. Slice the mushrooms and cook them in a little butter.
4. Cut the ham and tongue into julienne.
5. Heat the butter in a shallow saucepan, add the spaghetti and seasoning and toss until thoroughly reheated. Bring the tomato sauce to the boil and add it to the spaghetti then lightly stir in the mushroom ham and tongue.
6. Pour into a heated serving dish and sprinkle with grated cheese for service.

12. SPAGHETTI NAPOLITAINE 10 PORTIONS

Ingredients

Spaghetti	500 g
Butter	100 g
Tomatoes	400 g
<u>Tomato sauce</u>	500 ml
Cheese	100 g
Salt	
Pepper	

Method

1. Cook the spaghetti in boiling salted water for 10 minutes.
2. Refresh and then drain in a colander.
3. Heat the butter in a shallow saucepan, concasse the tomatoes and cook them for one minute in the butter. Bring the tomato sauce to the boil, add the spaghetti and seasoning and toss until the spaghetti is thoroughly heated through.
4. Pour into a heated dish and sprinkle with grated cheese for service.

GNOCCHI

13. PARISIENNE 10 PORTIONS

Ingredients

<u>Choux paste</u>	250 ml
Parmesan cheese	25 g
<u>Cheese sauce</u>	250 ml
Cream	
Salt	
Cayenne pepper	
Cheese	50 g

Method

1. Add the parmesan cheese, salt and cayenne pepper to the choux paste.
2. Place the mixture into a piping bag fitted with a 15 mm plain tube.
3. Squeeze out 25 mm lengths of the paste into boiling water and then simmer for 10 minutes.
4. Remove from the heat and drain in a colander.
5. Bring the cheese sauce to the boil add the cream, mix with the gnocchi and adjust the seasoning.
6. Place in a shallow fireproof dish, sprinkle with grated cheese and colour under a grill for service.

14. ROMAINE 10 PORTIONS

Ingredients

Milk	1 ltr	
Butter		75 g
Semolina		200 g
Parmesan cheese		50 g

Eggs	2
<u>Jus Lie</u>	125 ml
Salt	
Pepper	

Method

1. Separate the egg yolks from the whites and put the whites to one side, boil the milk and butter together in a saucepan, rain in the semolina and cook for 10 minutes stirring frequently.
2. Withdraw the pan from the heat and stir in the egg yolks.
3. Pour the mixture into a shallow greased tray about 15 mm deep. Brush with melted butter and allow to cool.
4. Cut into crescent shapes with a fluted cutter and arrange in a shallow fireproof dish. Sprinkle with grated parmesan cheese and colour under the grill.
5. Pour a thread of jus lie around the dish for service.

PART 2 - KITCHEN

CHAPTER NINETEEN

Rice

BOILED

1. Basmati
2. Brown
3. Patna

COMPOSITE

4. Fried
5. Nasi Goreng
6. Paella

PILAFF

7. Plain
8. A la Grecque
9. Chicken livers
10. Savoury

RISOTTO

11. Plain
12. Napolitaine

BOILED

1. PLAIN BOILED RICE 10 PORTIONS

Ingredients

Basmati rice	500 g
Salt	

Method

1. Soak the rice for 15 minutes.
2. Put the rice into boiling salted water and simmer for 20 minutes until the rice is cooked.
3. Completely refresh under cold running water than drain thoroughly in a colander.
4. Spread out on a dish with a piece of muslin or pudding cloth underneath and on top.
5. Reheat the rice in a slow oven for one hour until piping hot then transfer it to a warm dish for service.

2. PLAIN BOILED BROWN RICE 10 PORTIONS

Ingredients

Brown rice	500 g
Lemon	1
Salt	

Method

1. Put the rice into boiling salted water and simmer for 35 minutes until the rice is cooked.
2. Completely refresh under cold running water than drain thoroughly in a colander.
3. Spread out on a suitable dish with a piece of muslin or pudding cloth underneath and on top.
4. Reheat the rice in a slow oven for one hour until piping hot then transfer it to a warm dish for service.

3. PLAIN BOILED PATNA RICE 10 PORTIONS

Ingredients

Patna rice	500 g
Lemon	1
Salt	

Method

1. Put the rice into boiling salted water, add the juice of the lemon and simmer for 18 minutes until the rice is cooked.
2. Completely refresh under cold running water than drain thoroughly in a colander.
3. Spread out on a suitable dish with a piece of muslin or pudding cloth underneath and on top.
4. Reheat the rice in a slow oven for one hour until piping hot then transfer it to a warm dish for service.

COMPOSITE

4. FRIED RICE 10 PORTIONS

Ingredients

<u>Cold boiled rice</u>	1 kg
Almonds	50 g
Cooked ham	50 g
Spring onions	50 g

Eggs	4
Soy sauce	40 ml
Peanut oil	75 ml
Salt	

Method

1. Split the almonds in half and toast them to a golden brown under a grill.
2. Cut the ham into thin strips and cut the spring onions into 5 mm lengths.
3. Whisk the eggs and salt together. Heat the oil in a frying pan. Add the eggs and cook them until half set.
4. Add the rice and coat the grains with the egg. Keep stirring and turning the rice over.
5. Add the ham and spring onions and sprinkle with soy sauce. Cook for a further 3 minutes.
6. Transfer the rice to a heated dish and decorate the surface with the toasted almonds for service.

5. NASI GORENG 10 PORTIONS

Ingredients

<u>Cold boiled rice</u>	1 kg
Onions	400 g
Garlic	2 cloves
Oil	200 ml
Eggs	2
Cooked meat	300 g
Prawns	300 g
Spring onions	3
Soy sauce	
Salt	
Pepper	

Method

1. Peel and finely chop the onions and the garlic and lightly cook in hot oil.
2. Cut the meat into julienne, add to the onions and heat through.
3. Add the rice, prawns, salt, pepper and soy sauce and heat thoroughly until heated through.
4. Make a thin omelette with the eggs and cut it into strips 5 mm wide. Roughly chop the green part of the spring onions.
5. Serve the rice on a heated dish garnished with the omelette strips and the chopped spring onions.

Note: Sliced cucumber, peanuts and mango chutney may be served as side dishes.

6. PAELLA 10 PORTIONS

Ingredients

Mussels	400 g
Prawns	300 g
Chicken drumsticks	10
Onions	300 g
Green peppers	300 g
Tomatoes	300 g
Black olives	100 g
Garlic	2 cloves
Peas	400 g
Olive oil	100 ml
Long grain rice	400 g
<u>Chicken stock</u>	225 ml
Bouquet garni	1 small
Saffron	

Method

1. Peel and roughly chop the onion. Remove the seeds from the green peppers and cut the flesh into dice. Cut the tomatoes into wedges and crush the garlic.
2. Heat the oil in a shallow saucepan and add the onions, garlic, peppers and tomatoes, and stir fry for 5 minutes then add the rice and olives.
3. Boil the stock and add it to the pan then simmer until half of the stock has been absorbed by the rice.
4. Fry the drumsticks to a golden brown. Cook the peas in boiling salted water and drain.
5. Add the chicken, prawns, mussels and peas to the rice and place the pan in a hot oven 200°C to cook for 30 minutes.
6. Remove from the oven and serve in the pan.

Note: This dish is traditionally cooked and served in a shallow saucepan with 2 handles known as a paella.

PILAFF

7. PILAFF OF RICE 10 PORTIONS

Ingredients

Patna rice	400 g
Margarine	50 g
Bouquet garni	1 small
Onions	50 g
<u>White stock</u>	1 ltr

Method

1. Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions then cook them without colouring in the margarine.
2. Add the rice and cook for one minute, then add the stock, bouquet garni and seasoning and bring to the boil.
3. Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
4. Remove the lid and paper, add the remainder of the margarine and allow to stand for 10 minutes. Stir lightly with a fork to separate the grains and transfer to a heated dish for service.

8. RICE A LA GREQUE 10 PORTIONS

Ingredients

Patna rice	400 g
Margarine	50 g
Bouquet garni	1 small
Pimentos (tinned)	100 g
Onions	100 g
<u>White stock</u>	1 ltr
Peas	150 g
Garlic	2 cloves
Salt	
Pepper	

Method

1. Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions and crush the garlic and cook these without colouring in the margarine.
2. Add the rice and cook for one minute then add the stock, bouquet garni, peas, diced pimentos and the seasoning and bring to the boil.
3. Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
4. Remove the lid and paper, add the remainder of the margarine and allow to stand for 10 minutes. Stir lightly with a fork to separate the grains and transfer to a heated dish for service.

9. PILAFF OF RICE WITH CHICKEN LIVERS 10 PORTIONS

Ingredients

Rice	400 g
Bouquet garni	1 small
Chicken livers	400 g
Onions	50 g

Butter	100 g
<u>White stock</u>	1 ltr
<u>Demi-glace</u>	250 ml
Margarine	50 g
Parsley (chopped)	
Salt	
Pepper	
Bay leaf	

Method

1. Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions and cook them without colouring in the margarine.
2. Add the rice and cook for one minute then add the stock, bouquet garni, seasoning and bring to the boil.
3. Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
4. Remove the lid and paper, add the remainder of the margarine and allow to stand for 10 minutes. Stir lightly with a fork to separate the grains.
5. Cut the chicken livers into halves and saute them in very hot oil then drain them thoroughly.
6. Place into the boiling demi-glace, but do not boil again. Adjust the seasoning and gently work in the butter. Bring the demi-glace to the boil, remove from the heat, add the chicken livers and the butter and adjust the seasoning. Do not re-boil.
7. Serve in a border of rice decorated with chopped parsley.

10. SAVOURY RICE 10 PORTIONS

Ingredients

Short grain rice	400 g
Margarine	50 g
Bouquet garni	1 small
Onions	50 g
<u>White stock</u>	1 ltr
Cheese (grated)	100 g
Salt	
Pepper	

Method

1. Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions and cook them without colouring the margarine.
2. Add the rice and cook for one minute then add the stock, bouquet garni and the seasoning and bring to the boil.
3. Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
4. Remove the lid and paper, add the remainder of the margarine and allow to stand for 10 minutes. Stir lightly with a fork to separate the grains and transfer to a heated serving dish. Sprinkle the grated cheese on top for service.

RISOTTO

11. RISOTTO 10 PORTIONS

Ingredients

Short grain rice	400 g
Onions	50 g
Oil	25 ml
Bayleaf	1
<u>White stock</u>	1.5 ltr
Butter	25 g
Salt	
Pepper	

Method

1. Peel and finely chop the onions and cook them without colouring in the oil.
2. Add the rice and cook for one minute then add the white stock and seasoning and bring to the boil. Add the bayleaf and simmer gently on a low heat.
3. As the stock is absorbed stir the rice from time to time. Should the rice become too stiff add a little more stock.
4. Cook the rice until it is tender and slightly moist.
5. Stir in the butter with a fork and transfer to a heated dish for service.

Notes:

1. Do not wash rice for risotto, pick it over carefully and remove any husks.
2. When cooked the rice grains should remain a little firm.
3. Long grain rice such as patna is unsuitable for making risotto as the grains, when cooked, are fluffy and remain separate.

12. RISOTTO NAPOLITAINE
10 PORTIONS

Ingredients

Short grain rice (Arborio)	400 g
Onions	50 g
Oil	25 ml
Bayleaf	1
<u>White stock</u>	1.5 ltr
Butter	25 g
Tomatoes	125 g
Cheese	25 g
Salt	
Pepper	

Method

1. Peel and finely chop the onions and cook them without colouring in the oil.
2. Add the rice and cook for one minute then add the white stock and seasoning and bring to the boil. Add the bayleaf and simmer gently on a low heat.
3. As the stock is absorbed stir the rice from time to time. Should the rice become too stiff add a little more stock.
4. Cook the rice until it is tender and slightly moist.
5. Concasse the tomatoes, saute them in the butter and then add both to the rice stirring in gently with a fork.
6. Transfer to a heated dish and serve sprinkled with grated cheese.

Notes:

1. Do not wash rice for risotto, pick it over carefully and remove any husks.
2. When cooked the rice grains should remain a little firm.
3. Long grain rice such as patna is unsuitable for making risotto as the grains, when cooked, are fluffy and remain separate.

PART 2 - KITCHEN

CHAPTER TWENTY

Pizza

- DOUGH
1. Yeast
 2. Scone

- TOPPINGS
3. Basic
 4. Margherita
 5. Mushroom
 6. San Morenico

PIZZA DOUGH

1. PIZZA DOUGH YEAST
700 GRAMS
(SUFFICIENT FOR 2 X 20 CM ROUNDS)

Ingredients

Flour	400 g
Yeast	25 g
Water	250 ml
Olive oil	20 ml
Salt	pinch

Method

1. Sieve together the flour and salt.
2. Heat the water to 25°C.
3. Dissolve the yeast in the water.
4. Make a bay in the flour add the yeast mixture and olive oil and mix to a smooth pliable dough.
5. Oil a polythene bag, place the dough in the bag and leave it to rest for one hour.
6. Remove the dough from the bag and knead it for 5 minutes when it will be ready for use.

2. PIZZA DOUGH SCONE
700 GRAMS
(SUFFICIENT FOR 2 X 20 CM ROUNDS)

Ingredients

Flour	400 g
Baking powder	15 g
Margarine	150 g
Water	150 ml
Salt	pinch

Method

1. Sieve together the flour, baking powder and salt.
2. Rub in the margarine to a sandy texture.
3. Make a ball and add the water.
4. Mix to a firm paste when it will be ready for use.

Note: This dough does not achieve the traditional texture or flavour associated with the traditional Italian yeast dough but is much quicker to produce.

PIZZA TOPPINGS

3. BASIC PIZZA 8 PORTIONS

Ingredients

Tomatoes	300 g
Red peppers	100 g
Green peppers	100 g
Onions	100 g
Garlic salt and oregano	
Olives	20
Mozzarella cheese	300 g
Oil	50 ml
<u>Pizza dough yeast</u>	700 g

Method

1. Peel and finely chop the onions.
2. Remove the core and seeds from the peppers and cut the flesh into small dice.
3. Blanch and skin the tomatoes, remove the seeds and cut the flesh into small dice.
4. Cook the onions and peppers in the oil without colouring until tender.
5. Add the tomatoes, garlic salt and oregano.
6. Roll out the dough into 2 rounds 20 cm in diameter.
7. Spread the mixture on the prepared bases.
8. Top with grated mozzarella cheese and sliced olives.
9. Cook in an oven at 200°C for 15 minutes.
10. Cut into portions and serve immediately.

Note: Tinned tomatoes can be used in place of fresh. They should be well drained and roughly chopped.

4. PIZZA MARGHERITA 8 PORTIONS

Ingredients

Tomatoes	300 g
Mozzarella cheese	300 g
Parmesan cheese	40 g
Basil	
Garlic salt	

Method

1. Blanch and skin the tomatoes, remove the seeds and cut the flesh into small dice.
2. Roll out the dough into 2 rounds 20 cm in diameter.
3. Grate the cheese mix with the tomato and sprinkle on the prepared bases leaving a 1 cm border uncovered around the edge of the dough.
4. Top with grated parmesan cheese, basil and garlic salt.
5. Cook in an oven at 220°C for 15 minutes.
6. Cut into portions and serve immediately.

5. MUSHROOM PIZZA 8 PORTIONS

Ingredients

Tomatoes	300 g
Button mushrooms	300 g
Mozzarella cheese	80 g
Oregano	
Garlic salt	
<u>Pizza dough yeast</u>	

Method

1. Blanch and skin the tomatoes, remove the seeds and cut the flesh into small dice.
2. Finely slice the mushrooms and sauté in the butter for 2 minutes without colouring.

3. Roll out the dough into 2 rounds 20 cm in diameter.
4. Brush over the surfaces with a little oil.
5. Sprinkle with the tomatoes and mushrooms leaving a 1 cm uncovered border around the edge of the dough.
6. Add a layer of sliced mozzarella cheese and sprinkle with garlic salt and oregano.
7. Cook in a hot oven 200°C for 15 minutes.
8. Cut into portions and serve immediately.

6. PIZZA SAN MORENICO

8 PORTIONS

Ingredients

Tomatoes	300 g
Mozzarella cheese	300 g
Parmesan cheese	40 g
Anchovies	16
Garlic salt	
Marjoram	
Oregano	
<u>Pizza dough yeast</u>	700 g

Method

1. Blanch and skin the tomatoes, remove the seeds and cut the flesh into small dice.
2. Roll out the dough into 2 rounds 20 cm in diameter.
3. Brush over the surfaces with a little oil.
4. Spread with the tomato leaving a 1 cm uncovered border around the edge of the dough.
5. Add a layer of sliced mozzarella cheese and arrange the fillets of anchovy to form a trellis pattern.
6. Sprinkle with garlic salt, marjoram, oregano.
7. Cook in an oven at 220°C for 15 minutes.
8. Cut into portions and serve immediately.

PART 2 - KITCHEN

CHAPTER TWENTY ONE

Eggs

BAKED	16. Tomato
1. In cocotte with creamed chicken	17. Chicken liver
2. Monte Carlo	18. Kidney
	19. Souffle
	20. Spanish
BOILED	
3. Hard	POACHED
4. Soft	21. Plain
5. Curried	22. Au gratin
	23. Benedict
FRIED	24. Florentine
6. Fried	25. Otero
7. Scotch	26. Washington
OMELETTE	SCRAMBLED
8. Plain	27. Plain
9. Asparagus	28. With cheese
10. Ham	29. With ham
11. Ham and parsley	30. With mushrooms
12. Herb	31. With tomatoes
13. Mushroom	
14. Potato	SUR LE PLAT
15. Cheese	32. Bercy
	31. With tomatoes

BAKED**1. EGGS IN COCOTTE WITH MINCED CHICKEN**
10 PORTIONS*Ingredients*

Eggs	10
<u>Minced Chicken</u>	125 g
Cream	50 ml
Butter	25 g

Method

1. Lightly grease the cocottes with butter.
2. Place a spoonful of minced chicken in the bottom of each.
3. Break an egg into each cocotte.
4. Cook in a bain marie in the oven until the whites are just set.
5. Put a little cream on top of each before serving.

2. EGGS MONTE CARGO
10 PORTIONS*Ingredients*

Eggs	10
Cream	250 ml
Lambs kidneys	75 g
<u>Green asparagus tips</u>	75 g
Butter	50 g
Truffle	10 g
Salt	
Pepper	

Method

1. Lightly grease the cocottes with butter.
2. Bring the cream to the boil and pour it into the cocottes.
3. Crack an egg into each cocotte.
4. Slice the lambs kidneys and saute them in butter.
5. Finely dice the truffle.
6. Garnish the eggs with lambs kidney, truffle and asparagus tips, add seasoning and bake in an oven at 200°C until the eggs are set.

BOILED**3. HARD BOILED EGGS***Method*

1. Place the eggs into a frying basket. Plunge into boiling water and allow to boil for 8 to 10 minutes depending on size.
2. Refresh immediately in cold running water.
3. When the eggs are cold remove the shells.
4. If not for immediate use keep in a basin of cold water in the refrigerator.

Note: Do not allow eggs to boil for too long as they become tough and the yolk begins to turn black.

4. SOFT BOILED EGGS*Method*

1. Place the eggs, a maximum of 12 at a time into a wire basket. Place into boiling water. Boil for 3 to 4 minutes according to size.

5. CURRIED EGGS AND RICE**10 PORTIONS***Ingredients*

<u>Hard boiled eggs</u>	10
<u>Boiled rice</u>	500 g
<u>Curry sauce</u>	500 ml

Method

1. Reheat the hard boiled eggs by plunging into boiling water for 2 minutes.
2. Bring the curry sauce to the boil.
3. Prepare a bed of plain boiled rice on a serving dish, place them on the rice and cover them with boiling curry sauce.

FRIED**6. FRIED EGGS***Method*

1. A mild steel frying pan is the most suitable type for frying eggs.
2. Heat sufficient oil to cover the bottom of the pan and when hot break in the eggs one at a time.
3. Apply a gradual heat to set the white and cook the yolk.

7. SCOTCH EGGS
10 PORTIONS*Ingredients*

<u>Hard boiled eggs</u>	10
White breadcrumbs	125 g
<u>Tomato sauce</u>	500 ml
<u>Sausage meat</u>	600 g
Eggs	3
Flour	50 g

Method

1. Remove the shells from the hard boiled eggs.
2. Divide the sausage meat into equal portions and mould a portion around each egg. Pass through flour, egg. Pass through flour, egg wash and breadcrumbs.
3. Deep fry in hot oil until crisp and golden brown.
4. Drain and serve with tomato sauce separately.

OMELETTE**8. PLAIN OMELETTE***Ingredients*

For one omelette	
Eggs	2
Butter	15 g
Salt	
Pepper	

Method

1. Break the eggs into a small basin, add a pinch of salt and pepper and whisk lightly with a table fork.
2. Heat the butter in a small steel omelette pan until it ceases to bubble.
3. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the mixture becomes creamy in consistency then fold over with the fork to a neat shape.
4. Turn the omelette out onto a warm dish or plate and serve immediately.

9. ASPARAGUS OMELETTE*Ingredients*

For one omelette

Eggs	2
Butter	15 g
Asparagus	50 g
Salt	
Pepper	

Method

1. Break the eggs into a basin, add a pinch of salt and pepper and whisk lightly with a table fork. Add a tablespoonful of asparagus tips. Heat a little of the butter in a small saucepan and put the remaining asparagus in, to warm through.
2. Heat the remaining butter in an omelette pan until it ceases to bubble.
3. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the mixture becomes creamy in consistency then fold the egg over with the fork to a neat shape.
4. Turn the omelette out onto a warm dish or plate.
5. Make an incision down the centre of the omelette, drain the butter from the remaining asparagus and place neatly in the cavity. Serve immediately.

10. HAM OMELETTES

Ingredients

For 1 omelette

Eggs	2
Cooked ham	15 g
Butter	15 g
Salt	
Pepper	

Method

1. Break the eggs into a basin, add a pinch of salt and pepper and beat with a table fork.
2. Cut the ham into small pieces.
3. Heat the butter in an omelette pan, add the diced ham and saute for half a minute.
4. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the mixture becomes creamy in consistency then fold the egg over with the fork to a neat shape.
5. Turn the omelette out onto a warm dish or plate, garnish with a diamond shaped slice of ham and serve immediately.

11. HAM AND PARSLEY OMELETTE

Ingredients

For 1 omelette

Eggs	2
Cooked ham	15 g
Butter	15 g
Parsley	
Salt	
Pepper	

Method

1. Break the eggs into a small basin, add seasoning and whisk with a table fork.
2. Cut the ham into small pieces and chop the parsley.
3. Heat the butter in an omelette pan, add the ham and saute for half a minute.
4. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the egg becomes creamy in consistency.
5. Add the parsley then fold the egg over with the fork to a neat shape.

6. Turn the omelette out onto a warm serving dish or plate, garnish with a diamond shaped slice of ham and serve immediately.

12. HERB OMELETTE (OMELETTE AUX FINES HERBES) 10 PORTIONS

Ingredients

Eggs	20
Butter	125 g
Parsley	pinch
Chervil	pinch
Tarragon	pinch
Chives	pinch
Salt	
Pepper	

Method

1. Finely chop the parsley, chervil, tarragon and chives.
2. Break the eggs into a basin, add seasoning and whisk with a table fork.
3. Heat the butter in an omelette pan until it ceases to bubble.
4. Pour in the egg mixture, stirring with a fork and agitating the pan at the same time until the egg becomes creamy in consistency. Add the herbs then fold over with the fork to a neat shape.
5. Turn the omelette out onto a warm dish or plate and serve immediately.

13. MUSHROOM OMELETTE 10 PORTIONS

Ingredients

For 1 omelette

Eggs	2
Mushrooms	25 g
Butter	15 g
Salt	
Pepper	

Method

1. Wash, peel and slice the mushrooms.
2. Break the eggs into a small basin, add the salt and pepper and beat with a table fork.
3. Heat the butter in an omelette pan, add the sliced mushrooms and saute them until they are slightly coloured.
4. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the mixture becomes creamy in consistency.
5. Fold over with the fork to a neat shape.
6. Turn the omelette out onto a warm dish or plate and serve immediately.

14. POTATO OMELETTE

Ingredients

For 1 omelette

Eggs	2
Butter	15 g
Onions	15 g
Potatoes	25 g

Streaky bacon 15 g
Parsley (chopped)
Salt
Pepper

Method

1. Cut the bacon into small strips, blanch, refresh and fry to a golden brown. Place on one side and keep warm.
2. Cut the potato into 5 mm thick, wash, dry and cook in the bacon fat until lightly coloured.
3. Peel and finely chop the onion and cook without colouring until tender, add to the bacon and potatoes.
4. Break the eggs into a basin, add seasoning.
5. Whisk with a fork and pour on to the other of the ingredients.
6. Heat the butter in an omelette pan until it ceases to bubble.
7. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the egg becomes creamy in consistency. Add the chopped parsley then fold over with a fork to a neat shape.
8. Turn the omelette out onto a warm dish or plate and serve immediately.

16. TOMATO OMELETTE

Ingredients

For 1 omelette
Eggs 2
Shallots 15 g
Butter 30 g
Tomatoes 50 g
Parsley (chopped)
Salt
Pepper

Method

1. Peel and finely chop the shallots.
2. Heat half of the butter in a small saucepan.
3. Add the chopped shallots and cook without colouring until tender.
4. Concasse the tomatoes and add them to the shallots.
5. Cook them together until the liquid has evaporated and the tomato is tender.
6. Break the eggs into a basin, add seasoning and whisk with a table fork.
7. Heat the remaining butter in an omelette pan until it ceases to bubble.
8. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the mixture becomes creamy in consistency then place the tomato mixture in the centre.
9. Fold over with the fork to a neat shape.
10. Turn the omelette out onto a warm dish or plate.
11. Make an incision down the centre and place the remainder of the tomato in the cavity.
12. Serve with a pinch of chopped parsley on the tomato.

15. CHEESE OMELETTE

Ingredients

For 1 omelette
Eggs 2
Butter 15 g
Cheddar cheese 25 g
Salt
Pepper

Method

1. Break the eggs into a basin, add seasoning and whisk with a table fork.
2. Heat the butter in an omelette pan until it ceases to bubble.
3. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the egg becomes creamy in consistency then add the cheese then fold the eggs over with a fork to a neat shape.

4. Turn the omelette out onto a warm dish or plate and serve immediately.

17. OMELETTE WITH CHICKEN LIVERS

Ingredients

For 1 omelette
Eggs 2
Chicken livers 25 g
Butter 25 g
Parsley pinch
Demi glace 25 ml
Salt
Pepper

Method

1. Cut the chicken livers into small dice.
2. Heat 10 g of butter in a small saucepan, place in the liver and fry quickly for 2 minutes. Season with salt and pepper.
3. Bind with the demi glace and keep warm.
4. Break the eggs into a small basin, add seasoning and pepper and beat with a table fork.
5. Heat the remaining butter in an omelette pan until it ceases to bubble.
6. Pour in the eggs, stirring with a fork and agitating the pan at the same time until the eggs become creamy in consistency then place half the livers in the centre. Fold over with a fork.
7. Turn the omelette out onto a warm dish or plate. Make an incision down the centre and place the remainder of the liver in the cavity.
8. Sprinkle a little chopped parsley on the liver and surround the omelette with a little sauce before serving.

18. KIDNEY OMELETTE

Ingredients

For 1 omelette
Eggs 2
Kidney 25 g
Butter 25 g
Parsley
Demi glace 25 ml
Salt
Pepper

Method

1. Cut the kidney into small dice.
2. Heat 10 g of butter in a shallow saucepan, place in the kidney and fry quickly for 2 minutes. Season with salt and pepper.
3. Bind with the demi glace and keep warm.
4. Break the eggs into a basin, add seasoning and beat with a table fork.
5. Heat the remaining butter in an omelette pan until it ceases to bubble.
6. Pour in the eggs, stirring with the fork and agitating the pan at the same time until the eggs become creamy in consistency then place half the kidneys in the centre. Fold over with the fork.
7. Turn the omelette out onto a warm dish or plate. Make an incision down the centre and place the remainder of the kidneys in the cavity.
8. Sprinkle with a little chopped parsley on the kidney and surround the omelette with a little sauce before serving.

19. SOUFFLE OMELETTE

Ingredients

For 1 omelette
Eggs 2
Butter 15 g
Sugar (for sweet omelette)
Salt
Pepper (for savoury omelette)

Method

1. Separate the yolks from the whites into 1 basins.
2. Beat the yolks, seasoned or with sugar added, until they are creamy and begin to change colour.
3. Beat the egg whites until they become stiff and fold them lightly into the yolks.
4. Heat the butter in an omelette pan until it becomes frothy but not coloured and pour in the prepared mixture. Cook quickly until the bottom of the omelette is lightly coloured.
5. Pass through a hot oven or under a grill to colour the top lightly.
6. Ensure that the omelette is loose in the pan. Make a light mark across the centre of the omelette, fold it carefully, and slide it onto a heated serving dish. Serve immediately.

Notes:

1. Sweet Omelettes:
 - a. Jam: Spread quickly with 25 g of warmed jam before folding, dust with castor sugar, and mark, lattice fashion, with a red hot poker.
 - b. Liqueur Add 15 ml of rum, brandy, kirsch or any other suitable liqueur to the egg yolks during mixing. Place the omelette on a dish, splash with a little liqueur spirit, previously warmed, and ignite when serving.
2. Savoury Omelettes. Any savoury filling can be added to the omelette before folding.

20. SPANISH OMELETTE

Ingredients

For 1 omelette

Eggs	2
Tomato	50 g
Onion	25 g
Pimento	15 g
Butter	15 g

Method

1. Break the eggs into a small basin, add seasoning and pepper and whisk with a table fork. Peel and finely chop the onion and pimento.
2. Blanch and peel the tomato remove the seeds and cut the flesh into small dice. Heat the butter in an omelette pan add the onions and cook until lightly coloured. Add the pimento and tomato and heat gently until tender.
3. Pour in the beaten egg and mix lightly. Allow the eggs to set for a few moments then using a flat lid or large plate, turn the omelette over and cook the other side.
4. When cooked turn onto a warm dish or plate. Serve flat.

POACHED

21. POACHED EGGS

Method

1. Put at least 10 cm of water into a shallow saucepan; add vinegar and bring to the boil.
2. Carefully break in the eggs one by one, holding them as close as possible to the surface of the water while

doing so. Bring just to the boil, reduce the heat and cover with a lid for 3 minutes.

3. Carefully remove the eggs with a slice or a perforated spoon and drain on a clean cloth. Use as required.
4. If eggs are not required for immediate use they should be transferred from the hot water into a basin of cold water.
5. Refresh until quite cold. Trim any ragged edges and store until required in fresh cold water. When required reheat in boiling salted water.

22. POACHED EGGS AU GRATIN
10 PORTIONS*Ingredients*

<u>Eggs poached</u>	10
<u>Duchess potatoes</u>	400 g
<u>Mornay sauce</u>	500 ml
Cheddar cheese	50 g
Butter	25 g

Method

1. Butter a number of fireproof dishes and pipe a border of duchess potatoes round the edges. Brush with beaten egg and lightly colour under a grill or in a hot oven.
2. Mask the bottom of the dishes with boiling mornay sauce.
3. Reheat the poached eggs in hot salted water.
4. Drain on a cloth and arrange in the dishes.
5. Mask with the sauce, sprinkle with grated cheese and melted butter.
6. Place under a grill until the sauce is coloured.

23. POACHED EGGS BENEDICT
10 PORTIONS*Ingredients*

<u>Eggs poached</u>	10
Buttered toast	10 slices
Cooked tongue	10 slices
Butter	50 g
<u>Hollandaise sauce</u>	250 ml
Salt	
Pepper	

Method

1. Cut an 8 cm round from each piece of toast.
2. Cover each with a slice of tongue and heat through.
3. Reheat the poached eggs in hot salted water.
4. Drain in a cloth place, on the tongue and coat with the hollandaise sauce.

Note: A half muffin or crumpet may be used instead of toast and ham may be substituted for tongue.

24. POACHED EGG FLORENTINE
10 PORTIONS*Ingredients*

<u>Eggs poached</u>	10
Cheddar cheese	50 g
Butter	25 g
<u>Mornay sauce</u>	500 ml
<u>Duchess potatoes</u>	400 g
Spinach	400 g

Method

1. Pick over the spinach removing the large stalks and withered or discoloured leaves.
2. Thoroughly wash in several changes of water.
3. Drain and place into a saucepan containing a little boiling salted water and cook until tender.
4. Refresh the spinach under cold water until cold. Strain thoroughly and squeeze into balls.
5. Heat the butter in a saute pan, separate the spinach with the aid of a fork into the butter and lightly stir until completely reheated.
6. Butter a number of fireproof dishes and pipe a border of duchess potatoes round the edges.
7. Brush with beaten egg and lightly colour under a grill or in a hot oven.
8. Place a little of the spinach in the dishes.
9. Reheat the poached eggs in hot salted water.
10. Drain on a cloth and arrange in the dishes.
11. Mask with the sauce, sprinkle with grated cheese and melted butter.
12. Place under a grill until the sauce is coloured.

25. POACHED EGGS OTERO
10 PORTIONS

Ingredients

Eggs poached	10
Baked potatoes	5
Cooked shrimps, mushrooms and truffle	250 g
Mornay Sauce	250 ml
Parmesan cheese	50 g
Salt	
Pepper	

Method

1. Cut the potatoes in halves lengthways, scoop out the insides, and mash.
2. Cut the shrimps, mushrooms and truffle into small dice. Place a spoonful in the bottom of each half potato.
3. Decorate the edge of the half potato with the mashed potato, using a piping bag and a large star tube.
4. Reheat the poached eggs in hot salted water.
5. Drain on a cloth and place on top of the filling.
6. Coat with mornay sauce, sprinkle with grated Parmesan cheese and colour under a salamander.

26. EGGS WASHINGTON
10 PORTIONS

Ingredients

Eggs poached	10
Mornay sauce	500 ml
Sweetcorn	250 g
Cream	50 ml
Salt	
Pepper	

Method

1. Bring the mornay sauce to the boil and adjust the seasoning.
2. Heat the sweetcorn in the cream and place into earthenware dishes.
3. Reheat the poached eggs in hot salted water.
4. Drain on a cloth and place on top of the sweetcorn and cream mixture.
5. Coat the eggs with mornay sauce and serve immediately.

SCRAMBLED

27. SCRAMBLED EGGS
10 PORTIONS

Ingredients

Eggs 15	
Butter or margarine	75 g
Cream	75 ml
Salt	
Pepper	

Method

1. Break the eggs into a basic, add salt and pepper and whisk with a fork.
2. Heat the butter or margarine in a saucepan and pour in the eggs. Apply a gradual heat, stirring with a spoon until a creamy mass is formed.
3. Remove from the heat and stir in the cream and serve.

28. SCRAMBLED EGGS WITH CHEESE
10 PORTIONS

Ingredients

Eggs 15	
Buttered toast	10 slices
Cheddar cheese	250 g
Butter or margarine	25 g
Cream	75 ml
Salt	
Pepper	

Method

1. Break the eggs into a basic, grate the cheese, add it to the eggs and season with salt and pepper then beat with a fork.
2. Heat the butter or margarine in a saucepan and pour in the eggs. Apply a gradual heat, stirring with a spoon until a creamy mass is formed.
3. Remove from the heat and stir in the cream.
4. Trim off the crust from the toast.
5. Place a portion of scrambled egg on each slice of toast and serve immediately.

29. SCRAMBLED EGGS WITH HAM
10 PORTIONS

Ingredients

Eggs 15	
Cooked ham	50 g
Butter or margarine	50 g
Cream	75 ml
Salt	
Pepper	

Method

1. Cut the ham into fine dice and heat it in a little butter.
2. Break the eggs into a basin, add salt and pepper and whisk with a fork.
3. Heat the butter or margarine in a saucepan and pour in the eggs. Apply a gradual heat, stirring with a spoon until a creamy mass is formed.
4. Remove from the heat, add the cream and diced ham.

30. SCRAMBLED EGGS WITH MUSHROOMS
10 PORTIONS

Ingredients

Eggs 15	
Mushrooms	200 g
Butter or margarine	100 g
Shallots	25 g
Cream	75 ml
Salt	
Pepper	

Method

1. Wash and peel and slice the mushrooms.

2. Finely chop the shallots and cook in a little butter. Add the mushrooms and seasoning and stew together until tender.
3. Break the eggs into a basin add salt and pepper and whisk with a fork.
4. Heat the butter or margarine in a saucepan and pour in the eggs. Apply a gradual heat, stirring with a spoon until a creamy mass is formed.
5. Remove from the heat add the cream and mushrooms and serve.

31. SCRAMBLED EGGS WITH TOMATOES 10 PORTIONS

Ingredients

Eggs	15
Cream	75 ml
Butter or margarine	100 g
Tomatoes	200 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Concasse the tomatoes.
2. Cook the tomato in a little of the butter or margarine until tender. Season with salt and pepper and whisk with a fork.
4. Heat the butter or margarine in a saucepan and pour in the eggs. Apply a gradual heat, stirring with a spoon until a creamy mass is formed.
5. Remove from the heat and add the cream.
6. Serve with a spoonful of cooked tomato in the centre of each portion and a pinch of chopped parsley on the tomato.

<u>Chipolata sausages (grilled)</u>	10
<u>Tomato sauce</u>	75 ml
<u>Butter</u>	25 g

Method

1. Coat the bottom of the egg dishes with butter or margarine, season and break the egg in to the dish.
2. Start cooking on the top of the stove and finish in the oven until the whites are set and the yolks soft.
3. Garnish with the grilled sausage and a thread of tomato sauce.

SUR LE PLAT

32. EGGS ON THE DISH BERCY 10 PORTIONS

Ingredients

Eggs	10

PART 2 - KITCHEN

CHAPTER TWENTY TWO

Savouries and Cocktail Pieces

CHEESE DISHES - Cheese balls - Cheese biscuits - Cheese and onion savoury - Cheese and potato pie - Cheese on toast - Cheese fritters - Quiche Lorraine - Cheese souffle - Cheese straws - Cheese tartlets - Welsh rarebit - Welsh rarebit with bacon - Buck rarebit BARQUETTE AND TARTLETS COLD - Barquette/tartlet cases - Anchovy tartlets - Caviar barquettes - Cheese barquettes - Cheese and chutney tartlets - Cheese and tomato tartlets - Chicken barquettes - Curried shrimp barquettes - Ham and tongue barquettes - Lobster barquettes - Pimento and chicken tartlets - Salmon tartlets - Shrimp barquettes BOUCHEES - Bouchee cases - Egg and shrimp bouchees - Ham and chicken bouchees - Salmon bouchees	CHEESE DISHES - Canape bases - Anchovy canapes - Caviar canapes - Cheese canapes - Egg canapes - Egg and tomato canapes - Ham canapes - Liver pate canapes - Mussel canapes - Sardine canapes - Smoked ham canapes - Smoked salmon canapes - Prawns and mayonnaise UNCLASSIFIED - Combination sticks - Gherkins - Olives - Silverskin onions - Stuffed olives COCKTAIL PIECES (HOT) BOUCHEES - Chicken bouchees - Curried chicken bouchees - Curried fish bouchees UNCLASSIFIED - Cheese beignets - Cocktail puffs - Cocktail sausages - Curried meat patties - Goujons of plaice - Meat balls - Mini kebabs - Chicken satay - Scampi in batter - Steak pieces	DINNER SAVOURIES - Angels on horseback - Barquettes Devonshire - Canape baron - Canape Diane - Canape guards club - Canape Ivanhoe - Canape Rajah - Canape St James - Canape Windsor - Croque Monsieur - Devils on horseback - Mushrooms on toast - Palatinate titbit - Perthshire toast - Reform club savoury - Sardines on toast - Spinach souffle - Scotch woodcock - Soft roes on toast - Tartlet Calcutta - Tartlet Dorset delight - Tartlet Florentine - Yarmouth toast DIPS (COLD) - Avocado dip - Cheese dip - Mayonnaise dip - Peanut dip - Yoghurt dip DIPS (HOT) - Barbecue dip - Curry dip - Mustard dip - Sweet and sour dip - Tomato dip - Onion and yoghurt dip - Herb and yoghurt dip - Herb and yoghurt dip

CHEESE DISHES

1. CHEESE BALLS
10 PORTIONS*Ingredients*

Margarine	100 g
Flour	100 g
Milk 500 ml	
Cheddar cheese (grated)	150 g
Eggs 2	
White breadcrumbs	100 g
Salt	
Cayenne pepper	

Method

1. Make a roux with the flour and margarine.
2. Add the milk to make a thick white sauce and stir in the grated cheese and cayenne pepper.
3. When the cheese has melted pour the mixture onto greased paper, cover and allow to cool.
4. Mould the mixture into balls the size of cherries.
5. Pass the moulded balls through flour egg wash and breadcrumbs, fry them in hot deep oil until golden brown and serve.

2. CHEESE BISCUITS
APPROXIMATELY 50 BISCUITS*Ingredients*

Flour	400 g
Margarine	100 g
Cheese (grated)	150 g
Egg 1	
Salt	
Cayenne pepper	

Method

1. Sieve the flour salt and cayenne pepper into a bowl.
2. Rub in the margarine to a fine sandy texture.
3. Add the grated cheese and mix well.
4. Make a ball in the centre, add the egg and mix to a stiff dough, correcting the consistency with water, if necessary.
5. Roll out the paste 2 mm thick and prick all over with a fork.
6. Cut into circles with a 30 mm fluted cutter.
7. Place on a greased baking tray and bake in an oven at 180°C for 15 minutes.

Notes:

1. These biscuits will not be crisp until cold.
2. This same recipe cut with a plain cutter may be used as a base for cocktail savouries.

3. CHEESE AND ONION SAVOURY
10 PORTIONS*Ingredients*

Cheese (grated)	400 g
Margarine	25 g
Milk 175 ml	
Flour	25 g
Onion	50 g
Mustard	5 g
Bread	10 slices

Method

1. Peel and finely dice the onion and cook in a little margarine without colouring.
2. Dilute the mustard with a little of the milk.
3. Make a white sauce with the margarine, flour and milk.
4. Add the grated cheese, the onion and the diluted mustard. Stir over a low heat until the cheese is dissolved. Season with cayenne pepper.
5. Toast the bread and remove the crusts.
6. Spread the mixture liberally on the slices of toast and cook under a grill. Serve immediately while hot.

4. CHEESE AND POTATO PIE
10 PORTIONS*Ingredients*

Potatoes	1 kg
Cheese (grated)	250 g
Onion	100 g
Short pastry	500 g
White sauce	375 ml
Oil	25 ml

Method

1. Boil or steam the potatoes in their skins and allow to cool.
2. Peel and slice the onions and cook in the oil without colouring.
3. Roll out the short paste 3 mm thick and line 2 greased flan rings.
4. Peel and slice the potatoes 5 mm thick.
5. Place into each flan ring 2 layers of slices potatoes and onions and sprinkle each layer with salt and pepper.
6. Coat each completed layer with white sauce of creamy consistency then sprinkle each layer with grated cheese and finish the top with the remainder of the grated cheese.
7. Bake in an oven at 180°C making sure that the pastry is cooked underneath.
8. Cut into portions and serve.

5. CHEESE ON TOAST
10 PORTIONS*Ingredients*

Cheese	500 g
Bread	10 slices

Method

1. Toast the bread on both sides and remove the crusts.
2. Cut the cheese into slices and lay it on the toast ensuring that the toast is completely covered.
3. Place under a grill and cook until the cheese is melted and light brown in colour.

Note: The heat must not be too fierce otherwise the cheese will bubble and become stringy.

6. CHEESE FRITTERS
10 PORTIONS

Ingredients

Water	125 ml
Flour	75 g
Margarine	50 g
Eggs ³	
Cheese (grated)	75 g
Parmesan cheese	15 g

Method

1. Place the water and margarine together in a saucepan and bring to the boil.
2. Add the flour and stir vigorously over the heat until the mixture leaves the sides of the pan clear.
3. Withdraw the pan from the heat and allow the mixture to cool slightly.
4. Mix the eggs together and gradually add to the mixture in the saucepan until the mixture is smooth.
5. Add the cheese and mix thoroughly.
6. Using 2 dessertspoons dipped in oil, mould the mixture into even sized pieces and place them on oiled strips of greaseproof paper.
7. Fry them in hot deep fat to a golden colour. They will float when cooked.
8. Drain thoroughly. Serve on a doily covered dish sprinkled with Parmesan cheese.

7. QUICHE LORRAINE

8 PORTIONS

Ingredients

Short pastry	200 g
Milk 175 ml	
Egg	1
Cheddar cheese	75 g
Ham	50 g
Onion	25 g
Parsley (chopped)	pinch
Salt	
Cayenne pepper	

Method

1. Roll out the pastry 3 mm thick and line 2 greased flan rings.
2. Peel and finely chop the onions and cook without colouring in a little oil.
3. Cut the cheese and ham into small dice.
4. Divide the cheese, ham, onion and parsley equally between the flan rings.
5. Beat together the egg, milk and salt and strain.
6. Pour an equal amount of this mixture into each flan ring.
7. Dust the top with a small amount of cayenne pepper.
8. Bake in an oven at 180°C until the custard is set and the pastry is cooked.
9. Allow to cool slightly before removing the ring and then cut into portions.

8. CHEESE SOUFFLE

10 PORTIONS

Ingredients

Milk 500 ml	
Butter	50 g
Flour	75 g
Egg	3
Parmesan cheese	100 g
Salt	
Cayenne pepper	

Method

1. Separate the yolks from the whites of egg.
2. Melt the butter in a saucepan, add the flour and cook without colouring, allow to cool.

3. Boil the milk, add to the roux and cook for 2 minutes.
4. Remove from the heat and stir in the yolks of egg.
5. Season, place into a bowl and add the cheese.
6. Beat the whites of egg to a stiff foam and fold into the mixture in the bowl.
7. Fill the prepared souffle moulds three-quarters full, sprinkle with grated Parmesan and bake in an oven at 180°C for between 15 and 40 minutes according to the size of the moulds used.
8. Sprinkle straight from the oven with as little delay as possible because a souffle will sink as it cools.

Note: To prepare the mould: brush the inside of the mould with clarified butter then coat with grated Parmesan cheese and then dust a little flour over the cheese.

9. CHEESE STRAWS

10 PORTIONS

Ingredients

Puff pastry	200 g
Parmesan cheese	50 g
Cayenne pepper	
Parsley	

Method

1. Roll out the puff pastry, sprinkle with grated Parmesan cheese and a little cayenne pepper and fold into 3.
2. Allow to rest for 10 minutes. Roll out an oblong shape 80 mm wide and 3 mm thick.
3. Cut crossways into 5 mm wide strips, twist each strip and place on a lightly watered baking tray. Bake in an oven at 230°C to a golden brown, for 8 minutes.
4. Arrange on a warm dish and serve hot garnished with parsley.

10. CHEESE TARTLETS (RAMEKINS)

10 PORTIONS

Ingredients

Short pastry	200 g
Egg 1	
Gruyere cheese	100 g
Milk	125 ml

Method

1. Line tartlet moulds with pastry and prick the bottoms.
2. Cut the cheese into small dice and divide equally between the moulds.
3. Beat the eggs, add the milk and season with salt and cayenne pepper.
4. Pour enough of the egg custard mixture into the tartlets to cover the cheese. Bake in a moderate oven until set. Remove the tartlets from the moulds and serve hot.

Note: Cheddar or other white cheese may be used in place of Gruyere.

11. WELSH RAREBIT

10 PORTIONS

Ingredients

Bread	10 slices

Cheese	400 g
Margarine	25 g
Flour	25 g
Milk	175 ml
English mustard	5 g
Cayenne pepper	

Method

1. Grate or finely dice the cheese.
2. Make a white sauce with the margarine, flour and milk.
3. Add the grated cheese and the diluted mustard. Stir over a low heat until the cheese is dissolved. Season with cayenne pepper.
4. Toast the bread on both sides and remove the crusts.
5. Spread the mixture on the slices of toast ensuring the whole slice is covered.
6. Brown under the grill and serve with a slice of grilled bacon on each.

12. WELSH RAREBIT WITH BACON 10 PORTIONS

Ingredients

Cheese	400 g
Margarine	25 g
Flour	25 g
Milk	175 ml
English mustard	5 g
Bread	10 slices
Bacon rashers	10

Method

1. Grate or finely dice the cheese.
2. Make a white sauce with the margarine, flour and milk.
3. Add the grated cheese and the diluted mustard, cook over a low heat until the cheese is dissolved. Season with cayenne pepper.
4. Grill the rashers of bacon.
5. Toast the bread on both sides and remove the crusts. Spread the mixture liberally on the slices of toast ensuring the whole slice is covered.
6. Cook under a grill and serve with a slice of grilled bacon on each.

13. BUCK RAREBIT 10 PORTIONS

Ingredients

Cheese	400 g
Margarine	25 g
Flour	25 g
Milk	175 ml
Mustard	5 g
Bread	10 slices
Poached eggs	10

Method

1. Grate or finely dice the cheese.
2. Make a white sauce with the margarine, flour and milk.
3. Add the grated cheese and the diluted mustard. Stir over a low heat until the cheese is dissolved. Season with cayenne pepper. Toast the bread on both sides and remove the crusts.
4. Spread the mixture on the slices of toast ensuring the whole slice is covered. Cook under a grill and serve with a poached egg on top.

COCKTAIL PIECES COLD BARQUETTE AND TARTLETS

14. BARQUETTE/TARTLET CASES 50 CASES

Ingredients

Flour	200 g
Egg	1
Water	15 ml
Margarine	100 g
Salt	pinch

Method

1. Sieve together the flour and the salt. Rub in the margarine to a fine sandy texture.
2. Make a ball, break in the egg, add the water and mix to a stiff dough.
3. Roll out 2 mm thick, prick with a fork and roll up the paste onto the rolling pin.
4. Lightly grease the barquette or tartlet moulds and position them closely together on the table.
5. Unroll the paste over the moulds.
6. Press the paste down into the depression of each mould with the aid of a piece of paste trimming.
7. Roll over the surface with a rolling pin cutting the paste off at the edges of the moulds.
8. Fill each pastry case with dry rice or lentils and bake in an oven at 200°C to a light biscuit colour.
9. Remove from the oven, turn out the rice or lentils and store the cases in an airtight tin until required for use.

15. ANCHOVY TARTLETS 10 PORTIONS

Ingredients

Anchovy butter	50 g
Capers	10
or Stuffed olives	5
Anchovy fillets	5
Tartlet cases	10
Aspic jelly	

Method

1. Pipe a little anchovy butter into each tartlet case.
2. Cut each anchovy fillet in half lengthways and roll up. Place on top of the anchovy butter.
3. Decorate with a caper or half a stuffed olive and place in a refrigerator to chill.
4. Glaze with aspic jelly on the point of setting and return to the refrigerator until required for service.

16. CAVIAR BARQUETTES 10 PORTIONS

Ingredients

Caviar	50 g
Barquette cases	10

Method

Fill the barquette cases with caviar and serve.

17. CHEESE BARQUETTES 10 PORTIONS

Ingredients

Cream cheese	50 g
Barquette cases	10
Chives	10 g

Method

1. Finely chop the chives and mix them with the cream cheese.
2. Place the mixture into a forcing bag fitted with a star tube and fill the barquettes or tartlet cases.

Note: Suitable cheeses for this dish are: Farmhouse Cheddar, Petite Swisse, St Ivel, Philadelphia.

18. CHEESE AND CHUTNEY TARTLETS 10 PORTIONS

Ingredients

White cheese	50 g
Mango chutney	25 g
Milk (tinned)	25 ml
<u>Tartlet cases</u>	10
<u>Aspic jelly</u>	100 ml
Cayenne pepper	

Method

1. Mince the cheese into a bowl, add the tinned milk and cayenne pepper and mix together.
2. Place the mixture into a forcing bag fitted with a star tube and pipe it into each tartlet case in the form of a nest.
3. Fill the centres with finely chopped chutney and place in a refrigerator to chill.
4. Glaze with aspic jelly on the point of setting and place them in a refrigerator until required for service.

19. CHEESE AND TOMATO TARTLETS 10 PORTIONS

Ingredients

Cheese	50 g
Tomato ketchup	25 g
<u>Tartlet cases</u>	10
<u>Aspic jelly</u>	100 ml

Method

1. Mince the cheese into a bowl, add the tomato ketchup and mix to a stiff creamy consistency.
2. Place the mixture into a forcing bag fitted with a star tube and pipe it neatly into the tartlet cases. Place in a refrigerator.
3. Glaze with aspic jelly on the point of setting and place them in a refrigerator until required for service.

20. CHICKEN BARQUETTES 10 PORTIONS

Ingredients

Cooked chicken	50 g
<u>Chicken veloute or mayonnaise</u>	50 ml
<u>Barquette cases</u>	10

Method

1. Finely dice the chicken and bind it with chicken veloute or mayonnaise.
2. Fill the barquette cases and refrigerate them until required for service.

21. CURRIED SHRIMP BARQUETTES 10 PORTIONS

Ingredients

Shrimps	50 g
<u>Barquette cases</u>	10
<u>Curry sauce</u>	50 ml
Parsley (chopped)	
Desiccated coconut	10 g

Method

1. Dice the shrimps, bind them with curry sauce and fill the barquette cases then sprinkle each one with desiccated coconut and chopped parsley.

Note: Curry barquettes may also be made using a variety of other fillings to include chicken, lobster, ham etc.

22. HAM AND TONGUE BARQUETTES 10 PORTIONS

Ingredients

Cooked ham	50 g
Butter	25 g
Cooked tongue	50 g
<u>Barquette cases</u>	10
<u>Aspic jelly</u>	100 ml
Salt	
Pepper	

Method

1. Pass the ham and tongue through a fine mincer into a bowl and mix them with the butter and seasoning to a smooth paste.
2. Place the paste into a forcing bag fitted with a small star tube and neatly fill the barquette cases.
3. Decorate each barquette with a diamond of ham and glaze with aspic jelly on the point of setting.

Note: Chicken may be used in place of tongue.

23. LOBSTER BARQUETTES 10 PORTIONS

Ingredients

Lobster meat	50 g
<u>Barquette cases</u>	10
<u>Mayonnaise</u>	50 ml
Lobster coral/parsley	5 g

Method

1. Finely dice the lobster and bind with the mayonnaise.
2. Fill the barquette cases with the mixture and decorate with lobster coral or chopped parsley.

Note: White crab meat may be used in place of lobster.

24. PIMENTO AND CHICKEN BARQUETTES 10 PORTIONS

Ingredients

Cooked chicken	50 g
<u>Barquette cases</u>	10
Red pimentoes (tinned)	25 g
<u>Aspic jelly</u>	100 ml
<u>Mayonnaise</u>	60 ml

Method

1. Finely dice the chicken and place it in a basin.
2. Cut 10 x 5 mm rounds from the pimentoes and roughly chop the remainder.
3. Add the chopped pimentoes to the diced chicken and bind with mayonnaise.
4. Fill the barquette cases with the mixture and decorate each one with a round of pimento.
5. Glaze with aspic jelly on the point of setting.

25. SALMON TARTLETS 10 PORTIONS

Ingredients

<u>Salmon butter</u>	50 g
<u>Tartlet cases</u>	10
<u>Aspic jelly</u>	100 ml
Truffle or pimento	15 g

Method

1. Pipe a little salmon butter into each tartlet case.
2. Decorate the top with a round or diamond of truffle or pimento. Chill in the refrigerator.
3. Glaze with aspic jelly on the point of setting.
4. Return the tartlets to the refrigerator until required for service.

26. SHRIMP BARQUETTES 10 PORTIONS

Ingredients

Shrimps	60 g
<u>Barquette cases</u>	10
<u>Mayonnaise</u>	60 ml
Lobster coral or parsley	5 g

Method

1. Bind the shrimps with mayonnaise.
2. Fill the barquette cases and decorate with a little lobster coral or chopped parsley.

BOUCHEES

27. BOUCHEES CASES 50 PORTIONS

Ingredients

<u>Puff pastry</u>	400 g
<u>Egg</u>	1

Method

1. Roll out the puff pastry to 5 mm thickness.
2. Cut out 50 rounds with a 25 mm pastry cutter. Lay them on a baking sheet and cut half way through each round with a 15 mm pastry cutter.
3. Egg wash and allow to rest for 15 minutes.
4. Bake in an oven at 220°C for 12 minutes then remove them from the oven and allow to cool. Cut out the centres with a sharp pointed knife. Hollow out the case, retaining the lid.

28. EGG AND SHRIMP BOUCHEES 10 PORTIONS

Ingredients

<u>Egg</u>	1
<u>Bouchee cases</u>	10
Shrimps	50 g
<u>Mayonnaise</u>	75 ml
Tomato ketchup	

Method

1. Hard boil the egg, refresh them and remove the shell.
2. Dice the hard boiled egg and mix it with the shrimps in a basin.
3. Bind with mayonnaise and a little tomato ketchup.
4. Remove the lids from the bouchee cases, fill them with the egg and shrimp mixture and replace the lids.
5. Serve cold.

29. HAM AND CHICKEN BOUCHEES 10 PORTIONS

Ingredients

Ham	50 g
<u>Bouchee cases</u>	10
Cooked chicken	25 g
<u>Mayonnaise</u>	75 ml

Method

1. Finely dice the ham and chicken. Put them into a basin and bind with mayonnaise.

2. Remove the lids from the bouchee cases, fill them with the ham and chicken mixture and replace the lids.
3. Serve cold.

30. SALMON BOUCHEES 10 PORTIONS

Ingredients

Cooked salmon	50 g
<u>Bouchee cases</u>	10
<u>Mayonnaise</u>	50 ml

Method

1. Flake the salmon into a basic being careful to remove any bones. Bind with mayonnaise.
2. Remove the lids from the bouchee cases, fill them with the salmon mixture and replace the lids.
3. Serve cold.

CANAPES

31. CANAPE BASES 50 PORTIONS

Ingredients

Flour	200 g
Egg	1
Margarine	100 g
Water	50 ml
Salt	

Method

1. Sieve together the flour and salt.
2. Rub in the margarine to a fine sandy texture.
3. Make a bay, add the egg and the water and mix to a stiff dough.
4. Roll the dough out 5mm thick and cut out rounds 30 mm in diameter.
5. Place on to baking trays and allow to rest for 15 minutes.
6. Bake in an oven at 200°C to a light biscuit colour.

Notes:

1. Puff paste or short paste trimmings may be used for making these bases.
2. The bases may be flavoured with cheese, curry or anchovy for variation. Bases may be cut from brown or white bread that has been toasted or lightly fried in butter.

32. ANCHOVY CANAPES 8 PORTIONS

Ingredients

Anchovy fillets	8
<u>Anchovy butter</u>	20 g
Bread	2 slices
Butter	15 g
<u>Aspic jelly</u>	75 ml

Method

1. Toast the bread and spread it with anchovy butter. Arrange the fillets of anchovy to cover the toast.
2. Cut into neat fingers and decorate lightly with creamed butter. Place in the refrigerator to chill.
3. Glaze with aspic jelly on the point of setting.

33. CAVIAR CANAPES 10 PORTIONS

Ingredients

Bread	2 slices
Butter	15 g
Caviar	50 g

Method

Toast the bread and spread it with butter. Cut into rounds 30 mm in diameter. Spread with caviar immediately prior to serving.

34. CHEESE CANAPES 10 PORTIONS

Ingredients

Cheddar cheese	50 g
<u>Canape bases</u>	10
<u>White sauce</u>	50 g
Chutney	20 g
<u>Aspic jelly</u>	100 ml
Cayenne pepper	

Method

1. Pass the cheese through a sieve and cream together with the white sauce. Season with salt and cayenne pepper.
2. Put the mixture in a forcing bag with a small star tube and pipe neatly onto a base.
3. Finely chop the chutney and place a small amount in the centre of the cheese.
4. Place in a refrigerator to chill.
5. Glaze with aspic jelly on the point of setting.

Note: Cheese canapes can also be garnished with either a gherkin fan or a cocktail onion in place of chutney.

35. EGG CANAPES 12 PORTIONS

Ingredients

Eggs	2
<u>Anchovy butter or shrimp butter</u>	75 g
<u>Canapes bases</u>	12
<u>Aspic jelly</u>	100 ml
Pimento	5 g

Method

1. Hard boil the eggs then refresh and remove the shells.
2. Cut the eggs lengthways into 6 wedge shape sections.
3. Remove the yolk and pass it through a sieve into a china basin.
4. Mix the yolk into a smooth paste with the anchovy or shrimp butter.
5. Spread the bases with anchovy or shrimp butter and place on each a section of white egg.
6. Put the yolk mixture into a forcing bag with a small star tube and pipe neatly onto the whites. Decorate with pimento.
7. Chill in a refrigerator prior to glazing with aspic jelly on the point of setting.

36. EGG AND TOMATO CANAPES 10 PORTIONS

Ingredients

Egg	1
Tomato	1
Ham	50 g
<u>Canape bases</u>	10
<u>Aspic jelly</u>	100 ml
Butter	15g
Salt	

Method

1. Hard boil the egg, refresh and remove the shell.
2. Blanch, peel and cut the tomatoes into 3 mm thick slices across the stalk.
3. Slice the eggs with an egg cutter.
4. Spread round canape bases with butter.
5. Place a round of ham on each base.
6. Place half a slice of egg and half a slice of tomato on each to cover the ham.
7. Chill in a refrigerator before glazing with aspic jelly on point of setting.

37. HAM CANAPES

10 PORTIONS

Ingredients

Ham	75 g
Butter	25 g
<u>Aspic jelly</u>	100 ml
<u>Canape bases</u>	10
Cayenne pepper	

Method

1. Cut 10 small diamonds of ham for decoration.
2. Pass the remainder of the ham through a fine mincer into a bowl, add butter and seasoning and mix to a smooth paste.
3. Put the mixture into a forcing bag with a small star tube and pipe onto the bases.
4. Decorate each with a diamond of ham and place in a refrigerator to chill.
5. Glaze with aspic jelly on the point of setting.

38. LIVER PATE CANAPES 10 PORTIONS

Ingredients

<u>Liver pate</u>	100 g
<u>Canape bases</u>	10
<u>Aspic jelly</u>	100 ml

Method

1. Cut 10 rounds of liver pate the size of the bases and 3 mm thick.
2. Spread the bases with the remainder of the pate. Place a round of pate on each base and place in a refrigerator to chill. Glaze with aspic jelly on the point of setting.

39. MUSSEL CANAPES 10 PORTIONS

Ingredients

Pickled mussels	10
<u>Canapes bases</u>	10
<u>Aspic jelly</u>	100 ml

Method

Thoroughly drain the mussels and place each one on a canape base of suitable size. Decorate and place in a refrigerator to chill. Glaze with aspic jelly on the point of setting.

40. SARDINE CANAPES 10 PORTIONS

Ingredients

Sardines (tinned)	5
Bread	3 slices
<u>Anchovy butter</u>	25 g
<u>Aspic jelly</u>	100 ml
Butter	15 g

Method

1. Carefully skin and fillet the sardines. Toast the bread and spread it with anchovy butter.
2. Cut to a suitable size and shape to fit the sardine fillets then put the fillets onto the toast

- Using a fine tube pipe decorate the top of each fillet with plain butter. Glaze with aspic jelly on the point of setting and return to the refrigerator until required.

41. SMOKED HAM CANAPES 10 PORTIONS

Ingredients

Smoked ham	75 g
Brown bread	2 slices
Butter	15 g
Salad oil	

Method

- Cut the smoked ham into thin slices (Parma ham is normally purchased already sliced).
- Toast the bread, spread it with butter and cut into small finger shapes.
- Make a small cylinder of smoked ham and place one on each base.
- Coat with a light film of salad oil and serve cold.

42. SMOKED SALMON CANAPES 10 PORTIONS

Ingredients

Smoked salmon	50 g
Butter	15 g
Brown bread	2 slices
Salad oil	

Method

- Cut the smoked salmon into thin slices.
- Toast the bread, spread it with butter and cover with a single layer of smoked salmon.
- Coat with a light film of salad oil, cut into the required shapes and serve cold.

43. PRAWNS AND MAYONNAISE 10 PORTIONS

Ingredients

Whole prawns (cooked)	10
Lemon	1
<u>Mayonnaise</u>	100 ml

Method

- Peel the tails of the prawns and secure them into half a lemon using the spike of the head.
- Serve on a doily covered dish with a sauce boat of mayonnaise.

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44. COMBINATION STICKS

Method

A combination stick is an assortment of 3 or 4 savoury items skewered onto a cocktail stick. Any of the following varieties are suitable.

- Small squares of cheese, pineapple and silverskin onions.
- Small squares of cheese, gherkins and a cocktail cherry.
- Olives, prawns and small cocktail onions.
- Segments of grapefruit, small squares of cheese and ham.

The aim should be to combine a variety of colours and an assortment of savoury and sweet items. The finished stick can be inserted into half a grapefruit, orange or cucumber.

45. GHERKINS

The picked fruit of a variety of cucumber. They are small and dark green and have rough skin. They are sold bottled in brine and should be served in a quantity of their own liquor with cocktail sticks.

46. OLIVES

Green or black olives are usually purchased in bottles or jars. They should be drained, stoned and served in glass or silver bowls with a cocktail stick.

47. SILVERSKIN ONIONS

As their name suggests these onions have a silver skin and white flesh. They are very small and are popular for pickling. They should be drained and served in glass bowls with cocktail sticks.

48. STUFFED OLIVES

These are usually purchased in bottles or jars already stuffed and ready for use. Alternatively, Spanish or French olives may be stoned and stuffed with anchovy butter.

COCKTAIL PIECES (HOT) BOUCHEES

49. CHICKEN BOUCHEES 10 PORTIONS

Ingredients

Cooked chicken	75 g
<u>Bouchee cases</u>	10
<u>Chicken veloute</u>	50 ml

Method

- Cut the cooked chicken into very small dice and place into a china basin.
- Bind with hot chicken veloute and adjust the seasoning.
- Remove the lids from the bouchee cases, fill with the chicken mixture and replace the lids.
- Heat in an oven at 220°C for 3 minutes and serve immediately.

Note: Where possible use the white meat for this dish.

50. CURRIED CHICKEN BOUCHEES 10 PORTIONS

Ingredients

Cooked chicken	75 g
<u>Bouchee cases</u>	10
<u>Curry sauce</u>	50 ml

Method

- Cut the chicken into very small dice and place into a china basin.
- Bind with curry sauce and adjust the seasoning.
- Remove the lids from the bouchee cases, fill with the chicken mixture and replace the lids.
- Heat in an oven at 220°C for 3 minutes and serve immediately.

51. CURRIED FISH BOUCHEES 10 PORTIONS

Ingredients

Cooked white fish	75 g
<u>Bouchee cases</u>	10
<u>Curry sauce</u>	50 ml

Method

1. Flake the fish into a basic taking care to remove any bones.
2. Bind with curry sauce and adjust the seasoning.
3. Remove the lids from the bouchee cases, fill with the fish mixture and replace the lids.
4. Heat in an oven at 220°C for 3 minutes and serve immediately.

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52. CHEESE BEIGNETS 10 PORTIONS

Ingredients

Cheddar cheese (grated)	75 g
Water	125 g
Margarine	50 g
Flour	75 g
Eggs	3
Parmesan cheese	25 g
Salt	
Pepper	

Method

1. Pour the water and margarine into a saucepan, bring to the boil and remove from the heat.
2. Add in the flour, return the saucepan to the heat and stir until the mixture clears the side of the pan.
3. Withdraw from the heat and mix in the cheese.
4. Beat the eggs together and gradually add to the mixture.
5. With a spoon, scoop portions the size of a walnut into deep hot fat and fry to a golden brown. The beignets will float when cooked.
6. Drain, sprinkle with grated Parmesan cheese and serve on a doily covered dish.

53. COCKTAIL PUFFS 10 PORTIONS

Ingredients

<u>Puff pastry</u>	300 g
Cooked chicken	150 g
<u>White sauce</u>	125 ml
Salt	
Pepper	

Method

1. Finely dice the chicken and bind it with the white sauce.
2. Roll out the puff pastry 3 mm thick.
3. Cut out 10 cm diameter rounds.
4. Place a teaspoonful of the filling in the centre of each round.
5. Moisten the pastry with water. Fold over in half and seal the edges.
6. Bake in an oven at 220°C for 15 minutes.
7. Serve on a doily covered dish.

54. COCKTAIL SAUSAGES 10 PORTIONS

Ingredients

Cocktail chipolata sausages	5
Tomato ketchup	30 ml

Method

1. Grill or shallow fry the sausages to a golden brown.
2. Serve on a doily covered dish with cocktail sticks and a sauce boat of tomato ketchup.

55. CURRIED MEAT PATTIES 10 PORTIONS

Ingredients

Onions	50 g
Oil	25 g
Cooked beef	200 g
<u>Curry sauce</u>	125 ml
<u>Puff pastry</u>	300 g
Salt	
Pepper	

Method

1. Peel and finely chop the onions and fry them to a golden brown in oil.
2. Mince or finely dice the beef and bind it with the curry sauce, adjust the seasoning and allow to cool.
3. Roll out the puff pastry 3 mm thick and allow rest for 10 minutes.
4. Cut into rounds and line the patty tins, the trimmings may be re-rolled for this purpose.
5. Fill the patty tins with the beef curry filling.
6. Cover with rounds of puff paste. The edges should be moistened to ensure a good seal.
7. Egg wash and allow to rest for 20 minutes.
8. Bake in an oven at 220°C.

56. GOUJONS OF PLAICE 10 PORTIONS

Ingredients

Plaice (fillets)	5x100 g
Flour	50 g
Eggs	2
Fresh white breadcrumbs	70 g
Salt	
<u>Tartare sauce</u>	100 ml

Method

1. Cut the fillets of plaice diagonally across into strips about 15 mm wide.
2. Pass the strips through flour, egg wash and breadcrumbs.
3. Place them into a frying basket and deep fry in hot oil to a golden brown.
4. Drain and serve on a doily covered dish with cocktail sticks and a sauce-boat of tartare sauce.

57. MEAT BALLS 10 PORTIONS

Ingredients

Stewing beef	200 g
Onions	50 g
Garlic	1 clove
Oil	25 ml
Oregano	pinch
Rosemary	pinch
Egg	1
<u>Demi glace</u>	125 ml

Method

1. Peel and finely chop the onions and fry them in the oil. Crush the garlic and cook it with the onions; allow to cool.
2. Pass the beef, onions and garlic through a mincer fitted with a fine plate.
3. Add oregano, rosemary, beaten egg, salt and pepper and mix together.

4. Mould into balls 20 g in weight.
5. Fry in shallow oil until firm then transfer into the demi glace, bring to the boil and simmer for 15 minutes.

Serve coated with a little of the sauce in an entree dish.

Note: As an alternative the meat balls can be simmered in a barbecue or sweet and sour or curry sauces.

58. MINI KEBABS 8 PORTIONS

Ingredients

Lamb fillet	800 g
Garlic	1 clove
Yoghurt	250 ml
Onions	100 g
Tomatoes	100 g
Green peppers	2 whole
Button mushrooms	100 g
Bay leaves	8
Salt	
Pepper	

Method

1. Cut the lamb into small cubes and place in a dish.
2. Crush the garlic and mix it with the yoghurt. Add the seasoning and pour the mixture over the lamb and allow to marinade for 3 hours.
3. Cut the peppers in half and remove seeds. Cut the flesh into pieces 25 mm square.
4. Slice the tomatoes and onions. Wash and peel the mushrooms.
5. Drain the lamb and thread the cubes onto cocktail skewers alternating with the onions, tomatoes, green peppers, mushrooms and pieces of bay leaf.
6. Brush the kebabs with the marinade and cook under a grill for 10 minutes basting regularly.

59. CHICKEN SATAY 10 PORTIONS

Ingredients

Desiccated coconut	150 g
Water	250 ml
Chicken breast	750 g
Ginger root	15 g
Spring onions	25 g
Lemon	1
Cinnamon	pinch
Cardamom pod	6
Cumin seed	5 g
Ground coriander	5g

Peanut dip

Method

1. Bring the water to the boil and pour it over the desiccated coconut. Allow to infuse for 15 minutes.
2. Pass the liquid through a muslin lined strainer and discard the coconut. Finely grate the ginger. Clean and chop the spring onions. Remove the zest from the lemon.
3. Make a marinade with the coconut milk, ginger, spring onions, lemon zest, cinnamon, cardamom pod, cumin and ground coriander.
4. Cut the chicken breast into small pieces and marinade for 3 hours.
5. Remove the chicken from the marinade and thread onto one end of wooden skewers which have been well soaked in water.
6. Cook under a grill basting with the marinade. Serve with peanut dip.

Notes:

1. Traditionally satay is threaded onto bamboo skewers.
2. Satay can also be made using pork fillet, beef rump or fillet and lamb leg.

60. SCAMPI IN BATTER 10 PORTIONS

Ingredients

Scampi (frozen)	1 kg
<u>Frying batter</u>	450 ml
Flour	50 g
Parsley	
Lemons	2
Salt	
Pepper	
Tartare Sauce	

Method

1. Defrost, season and flour the scampi.
2. Coat with the batter and fry in deep oil until golden brown.
3. Drain and serve garnished with fried parsley and lemon wedges and accompanied by cocktail sticks and tartare sauce.

61. STEAK PIECES 10 PORTIONS

Ingredients

Steak	500 g
Butter	50 g
Parsley	

Method

1. Cut the steak into strips and lightly fry in butter.
2. Drain and serve, garnished with parsley and accompanied with cocktail sticks and an appropriate sauce.

62. ANGELS ON HORSEBACK 10 PORTIONS

Ingredients

Streaky bacon rashers	10
Bread	5 slices
Butter	40 g
Oysters	20
Cayenne pepper	

Method

1. Cut the rashers of bacon in half and wrap a piece around each oyster.
2. Place on skewers and cook under a hot grill.
3. Toast the bread, spread with butter and cut into croutons 50 mm x 40 mm.
4. Place 2 of the oysters on each crouton.
5. Sprinkle with cayenne pepper and serve on a doily covered dish.

63. BARQUETTES DEVONSHIRE 10 PORTIONS

Ingredients

Cooked lobster meat	300 g
<u>Cheese sauce</u>	50 ml
Mustard	
Worcester sauce	
Cheese	125 g
<u>Barquette cases</u>	10

Method

1. Cut the lobster into 5 mm dice.
2. Heat the cheese sauce and add it to the mustard, the Worcester sauce and the lobster.
3. Fill the barquette cases with the mixture.
4. Sprinkle with grated cheese and colour in an oven.
5. Serve on a doily covered dish.

64. CANAPE BARON
10 PORTIONS

Ingredients

Streaky bacon rashers	10
Been marrow (slices)	10
<u>Beef consomme</u>	125 ml
Grilled mushrooms	10
Bread	10 slices
Cayenne pepper	

Method

1. Peel, wash and grill the mushrooms.
2. Grill the bacon and cut each rasher in half.
3. Toast the bread on both sides and cut into rectangles 50 mm x 40 mm.
4. Poach the marrow in the consomme.
5. Cut the rashers to the size of a crouton and place 2 pieces on each crouton. Place a mushroom on the bacon and a slice of marrow in the mushroom. Sprinkle lightly with cayenne pepper.
6. Serve immediately on a doily covered dish.

65. CANAPE DIANE
10 PORTIONS

Ingredients

Chicken livers	200 g
Bread	5 slices
Butter	40 g
Streaky bacon rashers	10
Salt	
Pepper	

Method

1. Season and lightly fry the chicken livers in very hot oil.
2. Wrap each piece of liver in a bacon rasher and skewer 2 together then cook under a grill.
3. Toast the bread on both sides and remove the crusts, butter the slices and cut into rectangles 50 mmx40 mm.
4. Transfer from the skewers on to a hot buttered crouton and serve on a doily covered dish.

66. CANAPE GUARDS CLUB
10 PORTIONS

Ingredients

Gammon steak	2x150 g
Bread	10 slices
Chutney	50 g
Mushrooms (small)	10
English mustard	25 g
Butter	25 g
Cayenne pepper	

Method

1. Spread the gammon steaks with a little mustard, brush with melted butter and grill.

2. Finely chop the chutney and heat in a pan.
3. Peel, wash, season and grill the mushrooms.
4. Toast the bread on both sides, remove the crust and cut into 20 croutons 30 mm square.
5. Cut the gammon to fit the croutons and place a piece on each.
6. Cover the gammon with chutney. Add the grilled mushrooms and season with cayenne pepper.

67. CANAPE IVANHOE
10 PORTIONS

Ingredients

Smoked haddock	125 g
Milk	100 ml
Pickled walnut	2
Bread	10 slices
<u>White sauce</u>	75 ml
Cayenne pepper	

Method

1. Poach the haddock in the milk, remove the skin and bones and flake the flesh into a bowl.
2. Toast the bread on both sides and cut out croutons 55 mm in diameter.
3. Bring the white sauce to the boil season it with cayenne pepper and add it to the haddock.
4. Pile the mixture on to the croutons and top with a slice of pickled walnut.
5. Serve on a doily covered dish.

68. CANAPE RAJAH
10 PORTIONS

Ingredients

Ham	125 g
Chutney	50 g
Bread	5 slices
<u>Curry sauce</u>	75 ml

Method

1. Cut the ham into fine dice and place it in a bowl.
2. Toast the bread on both sides and remove the crusts and cut into croutons 65 mm in diameter.
3. Bring the curry sauce to the boil and add it to the ham.
4. Pile the mixture on to the croutons and top with a little chopped chutney. Serve on a doily covered dish.

69. CANAPE ST JAMES
10 PORTIONS

Ingredients

Mushrooms (large)	10
Bread	10 slices
<u>Cheese sauce</u>	250 ml
Cheese	125 g
Chives	15 g
<u>Pate</u>	100 g
Butter	25 g

Method

1. Peel and wash the mushrooms, remove the stalks and cut them into fine dice. Chop the chives.
2. Heat the butter in a pan, put in the dried mushrooms and cook them for one minute. Add the chives and then stir in the pate.
3. Lightly grill the mushroom caps and fill them with the mixture.
4. Heat the cheese sauce.
5. Toast the bread on both sides and cut into croutons 65 mm in diameter.

6. Place the mushrooms onto the croutons, mask them with the cheese sauce, sprinkle with grated cheese and colour in a hot oven at 220°C.
7. Serve on a doily covered dish.

70. CANAPE WINDSOR 10 PORTIONS

Ingredients

Ham	125 g
Mushrooms	10
White sauce	75 ml
Cayenne pepper	
Parsley	
Bread	10 slices

Method

1. Cut the ham into fine dice and place it into a bowl, bind with the boiling white sauce and season with cayenne pepper.
2. Bring the white sauce to the boil, season with cayenne pepper and add it to the ham.
3. Peel, wash, season and grill the mushrooms.
4. Toast the bread on both sides and cut into croutons 65 mm in diameter.
5. Place a spoonful of the ham mixture on to each crouton and place a grilled mushroom on each.
6. Serve on a doily covered dish garnished with parsley.

71. CROQUE MONSIEUR

Ingredients

Bread	20 slices
Gruyere cheese	20 slices
Ham	10 slices
Clarified butter	125 ml

Method

1. Place one slice of gruyere cheese onto a slice of bread.
2. Cover this with a slice of ham then a second slice of gruyere cheese and then another slice of bread and press all the sides firmly together.
3. Cut out a round with a 65 mm diameter cutter and shallow fry in clarified butter.
4. Serve on a doily covered dish.

72. DEVILS ON HORSEBACK 10 PORTIONS

Ingredients

Cooked prunes	20
Bacon streaky rashers	10
Bread	5 slices
Butter	75 g
Cayenne pepper	
Chutney	50 g

Method

1. Remove the stones from the prunes and then fill the prunes with chopped chutney.
2. Wrap each prune in half a rasher of bacon and put on to a skewer.
3. Place on a baking sheet and grill on both sides or cook in a hot oven.
4. Toast the bread on both sides and spread with butter.
5. Remove the crust and cut into oblongs 50 mm x 30 mm.
6. Arrange 2 prunes on each piece of toast, sprinkle with cayenne pepper, and serve on a doily covered dish.

73. MUSHROOMS ON TOAST 10 PORTIONS

Ingredients

Mushrooms	20
Bread	5 slices
Butter	75 g
Salt	
Pepper	

Method

1. Peel, wash, season and grill the mushrooms.
2. Toast the bread on both sides, spread with butter and remove the crusts.
3. Cut the toast into croutons 55 mm x 40 mm.
4. Arrange 2 mushrooms neatly on each crouton and serve on a doily covered dish.

74. PALATINATE TITBIT 10 PORTIONS

Ingredients

Butter	450 g
Eggs	2
White breadcrumbs	125 g
Flour	50 g
Anchovy sauce	125 ml
Mustard	5 g
Cayenne pepper	

Method

1. Cut the butter into 15 g pieces then roll these into balls and chill.
2. Flour, eggwash and breadcrumb the butter balls.
3. Repeat stage 2.
4. Deep fry in oil until the breadcrumbs are golden brown.
5. While they are still hot cut off a cap from each one and drain out the melted butter.
6. Hard boil 10 eggs refresh and then remove the shells.
7. Sieve the yolks and mix them with the hot anchovy sauce, add diluted mustard and season with cayenne pepper.
8. Fill the breadcrumb shells with the sauce and replace the caps.
9. Serve 3 per portion in a table napkin.

75. PERTSHIRE TOAST 10 PORTIONS

Ingredients

Smoked salmon	100 g
Bread	5 slices
Anchovy butter	50 g
Lemon	1
Butter	25 g
Cayenne pepper	

Method

1. Toast the bread on both sides and spread with anchovy butter.
2. Remove the crusts and cut the toast into croutons 50 mm x 30mm.
3. Melt the butter and mix it with the lemon juice.
4. Lay the salmon on the croutons and brush with the lemon butter.
5. Heat in an oven at 220°C for 3 minutes.
6. Remove from the oven, brush with a little more hot lemon butter, season with cayenne pepper and serve on a doily covered dish.

76. REFORM CLUB SAVOURY

10 PORTIONS

Ingredients

Mushrooms (small)	10
Cooked lean ham	75 g
Smoked haddock fillet	150 g
<u>Cheese souffle mix</u>	100 g
Grated cheese	50 g
<u>Barquette cases</u>	10

Method

1. Poach the haddock, remove the skin and bones and flake the flesh.
2. Cut the mushrooms into small dice and cook them in butter.
3. Cut the ham into small dice and mix with the haddock and mushrooms.
4. Stir in the cheese souffle mixture.
5. Fill the barquette cases, sprinkle with the grated cheese and bake to a golden colour in an oven at 220°C.
6. Serve on a doily covered dish.

77. SARDINES ON TOAST

10 PORTIONS

Ingredients

Sardines (canned)	10
Bread	5 slices
Butter	25 g
Parsley	
Cayenne pepper	

Method

1. Split the sardines in half lengthways and remove the centre bone.
2. Toast the bread on both sides and cut into croutons 65 mm x 55 mm.
3. Arrange 2 halves of sardine on each piece of toast, brush over with melted butter.
4. Sprinkle with cayenne pepper and warm through in the oven.
5. Garnish with parsley and serve on a doily covered dish.

78. SPINACH SOUFFLE

10 PORTIONS

Ingredients

<u>Spinach puree</u>	200 g
Milk	500 ml
Butter	110 g
Flour	100 g
Eggs	8
Salt	

Method

1. Separate the yolks of the eggs from the whites. Lightly grease the insides of the souffle dishes with butter. Make a white roux with the butter and flour. Allow to cool.
2. Boil the milk, stir it onto the roux and allow to cool then add the egg yolks and the spinach puree. Season the mixture and allow it to go cold.
3. Whisk the egg whites to a stiff peak and fold them into the mixture.
4. Three quarters fill the buttered souffle dishes and bake in an oven at 80°C for 30 minutes.
5. Serve immediately.

79. SCOTCH WOODCOCK

10 PORTIONS

Ingredients

Eggs	4
Bread	5 slices
Anchovy fillets	5
<u>Anchovy butter</u>	50 g
Capers	50 g
Parsley	

Method

1. Toast the bread on both sides. Cut out croutons 65 mm in diameter.
2. Spread the croutons with anchovy butter. Scramble the eggs and pile them onto the croutons.
3. Garnish with a lattice of anchovy fillets and capers and serve immediately.

80. SOFT ROES ON TOAST

10 PORTIONS

Ingredients

Soft roes	200 g
Flour	50 g
Oil	50 ml
Bread	5 slices
Butter	50 g
Salt	
Pepper	

Method

1. Season the soft roes and coat them in flour then shallow fry them in oil to a golden brown.
2. Toast the bread on both sides. Cut into croutons 55 mm x 55mm and spread with butter.
3. Place 2 roes on each buttered crouton, brush with a little melted butter and serve on a doily covered dish.

81. TARTLET CALCUTTA

10 PORTIONS

Ingredients

Shrimps (cooked)	250 g
<u>Curry sauce</u>	50 ml
Chutney	50 g
Egg Yolk	10
<u>Tartlet cases</u>	10

Method

1. Hard boil the eggs, refresh and remove the shells.
2. Sieve the yolks. Chop the chutney and heat it in a pan.
3. Heat the curry sauce mix with the shrimps and fill the tartlet cases.
4. Cover the centre with the heated chutney and garnish with the egg yolk.
5. Serve on a doily covered dish.

82. TARTLET DORSET DELIGHT

10 PORTIONS

Ingredients

Chicken (cooked)	200 g
<u>Liver pate</u>	200 g
<u>White sauce</u>	75 ml

Plovers eggs	10
Tartlet cases	10

Method

1. Hard boil the plovers eggs for 8 minutes, refresh and remove the shells.
2. Boil the white sauce.
3. Mince the chicken through a fine plate then mix it with the pate and bind with the white sauce.
4. Flour, egg wash and breadcrumbs the plovers eggs.
5. Fill the tartlet cases with the chicken and pate mixture.
6. Deep fry the eggs and place one in the centre of each tartlet.
7. Serve on a doily covered dish.

83. TARTLET FLORENTINE

10 PORTIONS

Ingredients

Oysters	20
<u>Cooked leaf spinach</u>	250 g
<u>Tartlet cases</u>	10
Butter	50 g
Lemon	1

Method

1. Poach the oysters in their own juice. Brown the butter.
2. Fill the tartlet cases with the cooked leaf spinach, arrange 2 oysters on top of each one and mask with the noisette butter.
3. Serve on a doily covered dish.

84. YARMOUTH TOAST

10 PORTIONS

Ingredients

Field mushrooms	10
Soft roes	200 g
Butter	125 g
Parsley (chopped)	
Paprika Bread	10 slices

Method

1. Peel, wash, season and grill the mushrooms.
2. Season the soft roes, coat them in flour and lightly fry them in butter.
3. Toast the bread on both sides, cut into 65 mm diameter croutons and spread with butter.
4. Arrange the mushrooms on the croutons and cover them with the soft roes, sprinkle with chopped parsley and paprika and serve immediately.

DIPS (COLD)

85. AVOCADO DIP

250 MILLILITRES

Ingredients

Avocado	2
Lemon	1
<u>Mayonnaise</u>	90 ml
Garlic salt	5 g
Olives	25 g

Method

1. Peel the avocados and mash the flesh together with the juice of the lemon.
2. Mix in the mayonnaise and garlic salt.
3. Finely chop the olives and add to the mixture.
4. Chill before serving.

86. CHEESE DIP

250 MILLILITRES

Ingredients

Cottage cheese	175 g
Whipping cream	75 ml
Shallot	25 g
Paprika	pinch
Green pepper	25 g
Salt	
Pepper	

Method

1. Whip the cream to a stiff peak.
2. Peel and finely chop the shallots.
3. Wash the pepper, remove the seeds and finely chop the flesh.
4. Mix together the cheese, whipped cream, shallots, green pepper and paprika.
5. Adjust the seasoning.
6. Chill before serving.

87. MAYONNAISE DIP

250 MILLILITRES

Ingredients

Eggs	3
Mustard	5 g
Vinegar	15 ml
Salad oil	250 ml
Salt	
Pepper	

Method

1. Separate the yolks from the whites.
2. Place the yolks into a glass or china basin, add the mustard, salt and pepper and mix with a little of the vinegar.
3. Slowly add the oil whisking continuously. As the sauce thickens add a little vinegar.
4. Continue until all the oil and vinegar has been absorbed. Finally adjust the seasoning.

88. PEANUT DIP

10 PORTIONS

Ingredients

Desiccated coconut	60 g
Water	250 ml
Peanuts	100 g
Shallots	25 g
Garlic	1 clove
Cashew nuts	20 g
Chilli powder	5 g
Brown sugar	15 g
Salt	

Method

1. Bring the water to the boil and pour it over the desiccated coconut. Allow to infuse for 15 minutes.
2. Pour the liquid through a muslin lined strainer and discard the coconut.
3. Toast the peanuts in a hot oven for 20 minutes.
4. Rub off the skins and grind the nuts. Do not reduce the nuts to a powder as they will spoil the consistency of the sauce.
5. Peel and finely chop the onion and garlic, grind to a fine paste.
6. Grind the cashew nuts.
7. Fry the onion and garlic mixture in the hot oil then add the ground cashew nuts.
8. Reduce the heat, add the chilli powder and cook for 2 minutes.

9. Stir in the coconut milk. Bring to the boil, reduce the heat add the peanuts, brown sugar and salt.
10. Cook until the sauce thickens stirring continuously.
11. This sauce can be served hot or cold.

Notes

1. Macadamia or almonds can be used in lieu of cashews.
2. This sauce is traditionally served with Satay.

89. YOGHURT DIP 125 MILLILITRES

Ingredients

Yoghurt	125 ml
Lemon	1
Parsley	5 g
Chives	5 g
Watercress	5 g
Salt	
Pepper	

Method

1. Remove the zest from the lemon and squeeze the juice. Finely chop the parsley, chives and watercress.
2. Mix all the ingredients together.
3. Adjust the seasoning and chill until required for service.

DIPS (HOT)

90. BARBECUE DIP 250 MILLILITRES

Ingredients

Garlic	1 clove
Onion	50 g
Tomatoes	100 g
Oil	10 ml
Lemon	1
Brown sugar	25 g
Basil	pinch
<u>Brown stock</u>	200 ml
Soy sauce	25 ml
Cornflour	25g
Salt	
Pepper	

Method

1. Peel and finely chop the garlic and the onion. Concasse the tomatoes.
2. Cook the onion and garlic, without colouring in the oil.
3. Add the tomatoes, lemon juice, brown sugar, basil, brown stock and soy sauce and simmer for 30 minutes. Dilute the cornflour with water and add to the mixture.
4. Bring to the boil and simmer for one minute.

91. CURRY DIP 250 MILLILITRES

Ingredients

Onion	50 g
Garlic	1 clove
Oil	25 ml
Flour	25 g
Curry powder	15 g
Tomato puree	15 g
<u>White stock</u>	300 ml
Apple	50 g
Chutney	25 g
Salt	
Pepper	

Method

1. Peel and finely chop the onion and garlic and cook, without colouring in the oil.

2. Add the flour and curry powder, cook to a sandy texture then allow the roux to cool.
3. Add the tomato puree.
4. Bring the brown stock to the boil and gradually add it to the roux stirring until the sauce is smooth.
5. Peel, core and finely chop the apple and add it to the sauce.
6. Add the chutney and seasoning and simmer for 30 minutes.
7. Skim and pass the sauce through a strainer.

92. MUSTARD DIP 250 MILLILITRES

Ingredients

Flour	50 g
Margarine	50 g
Milk	250 ml
Mustard	25 g
Vinegar	25 ml

Method

1. Make a white wine roux with the flour and margarine.
2. Bring the milk to the boil and add it to the roux stirring until the sauce is smooth.
3. Dilute the mustard with the vinegar and add to the sauce.
4. Adjust the seasoning and serve.

93. SWEET AND SOUR DIP 250 MILLILITRES

Ingredients

Red pepper	1
Green pepper	1
Spring onions	25 g
Vinegar	25 ml
<u>Chicken stock</u>	200 ml
Brown sugar	25 g
Tomato puree	25 g
Cornflour	25 g
Salt	
Pepper	

Method

1. Cut the peppers in half and remove the seeds. Cut the flesh into small dice. Shred the spring onions.
2. Cook the red and green peppers and the spring onions, without colouring in the oil.
3. Add the vinegar, stock, brown sugar and tomato puree, season bring to the boil and simmer for 30 minutes.
4. Dilute the cornflour with water and add to the mixture. Bring to the boil and simmer for one minute. Adjust the seasoning and serve.

94. TOMATO DIP 250 MILLILITRES

Ingredients

Tomatoes	500 g

Onion	25 g
Carrot	25 g
Celery	25 g
Oil	25 ml
Brown stock	250 ml
Oregano	pinch
Basic	pinch
Salt	
Pepper	

Method

1. Blanch and skin the tomatoes, remove the seeds and roughly chop the flesh. Peel and finely chop the onion, carrot and celery.
2. Cook the onion, without colouring in the oil. Add the carrot and celery and continue to cook over a low heat for 2 minutes.
3. Add the brown stock, tomato, oregano and basil.
4. Bring to the boil and simmer for 30 minutes.
5. Adjust the seasoning and consistency and serve.

Chervil	25 g
Chives	25 g
Parsley	25 g
Salt	
Pepper	

Method

1. Clean and prepare the herbs. Put 5 g of each to one side for garnish.
2. Heat the butter in a saucepan. Peel and finely chop the onion and garlic and cook them without colouring in the butter.
3. Allow to cool slightly, stir in the yoghurt and herbs, adjust the seasoning and serve immediately garnished with the remaining herbs.

95. ONION YOGHURT DIP

500 MILLILITRES

Ingredients

Butter	35 g
Onion	100 g
Paprika	15 g
Coriander	15 g
Plain yoghurt	400 ml
Fresh chives (optional)	20 g
Salt	
Pepper	

Method

1. Melt the butter in a saucepan, cut the onion into fine dice and cook without colouring in the butter.
2. Add in the paprika and coriander, allow to cool slightly, stir in the yoghurt and chives. Adjust the seasoning and serve immediately.

96. HERB AND YOGHURT DIP

500 MILLILITRES

Ingredients

Butter	35 g
Onion	100 g
Garlic	2 cloves
Tarragon	25 g

PART 2 - KITCHEN

CHAPTER TWENTY THREE

Potatoes

BAKED 1. Anna 2. Boulangere 3. Dauphin 4. Dauphinoise 5. Delmonico 6. Jacket 7. Mireilli 8. Savoury 9. Savoyade 10. Voisin BOILED 11. Plain 12. New BRAISED 13. Berrichonne 14. Fondant DUCHESS/VARIATIONS 15. Duchess 16. Almond 17. Berny 18. Croquette 19. Dauphine 20. Elizabeth 21. Lorette 22. Marquise	FRIED (DEEP) 23. Allumette 24. Bataille 25. Chipped 26. Game chips 27. Gaufrette 28. Mignonnette 29. Pont Neuf 30. Straw FRIED (SHALLOW) 31. Byron 32. Colbert 33. Macaire 34. Noisette 35. Parisienne 36. Parmentier 37. Potato cakes 38. Rissoles MASHED 39. Cream ROAST 40. Roast 41. Chateau 42. Cocotte 43. Olivette SAUTE 44. Saute 45. Alsacienne 46. Columbine 47. Lyonnaise

BAKED**1. ANNA POTATOES**
10 PORTIONS*Ingredients*

Potatoes (prepared)	
Parsley (chopped)	
Oil	100 ml
Salt	
Pepper	

Method

1. Trim the potatoes into cylinders 30 mm in diameter.
2. Cut them into thin slices, season but do not re-wash.
3. Heat the oil in Anna moulds and arrange the slices neatly in the bottom over-lapping one another.
4. Arrange over-lapping layers around the sides of the mould.
5. Fill the moulds with the remainder of the potatoes.
6. Brush with oil and cook in an oven at 180°C for 45 minutes. Press down with a slice occasionally whilst cooking.
7. Remove from the oven, allow to stand for 10 minutes, turn out onto a serving dish and cut into portions.
8. Serve decorated with parsley.

Note: Charlotte moulds may be used in place of Anna moulds.

2. BOULANGERE POTATOES
10 PORTIONS*Ingredients*

Potatoes (prepared)	2 kg
Margarine	50 g
White stock	500 ml
Onions	200 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Cut the potatoes into slices 3 mm thick, do not re-wash.
2. Peel and shred the onions then fry without colouring.
3. Mix the potatoes and onions together, season them with salt and pepper and place them into a baking dish.
4. Arrange a neat layer of the sliced potatoes on the top and pour in stock to half the depth of the contents.
5. Brush the surface with the melted margarine, bring to the boil on the stove top then complete the cooking process in an oven at 180°C occasionally pressing down on the surface of the potatoes with a slice.
6. Remove from the oven and serve decorated with chopped parsley.

3. DAUPHIN POTATOES
10 PORTIONS*Ingredients*

Potatoes (prepared)	2 kg
Parsley (chopped)	
Oil	100 ml
Salt	
Pepper	

Method

1. Cut the potatoes into julienne add season but do not re-wash.
2. Heat the oil in Anna moulds and arrange the potatoes neatly in the mould.
3. Brush them with oil and cook them in an oven at 180°C for 45 minutes pressing down with a slice occasionally whilst cooking.
4. Remove the dish from the oven, allow to stand for 10 minutes then turn out onto a serving dish and cut into portions.
5. Serve decorated with parsley.

Note: Charlotte moulds may be used in place of Anna moulds.

4. DAUPHINOISE POTATOES
10 PORTIONS*Ingredients*

Potatoes (prepared)	2 kg
Garlic	1 clove
Single cream	750 ml
Butter	50 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the potatoes into slices 5 mm thick, do not re-wash.
2. Crush and finely chop the garlic.
3. Mix the potatoes and garlic together, season with salt and pepper and place them in a buttered baking dish with the top layer of potatoes neatly over-lapping one another.
4. Brush the surface with melted butter add the cream and bake in an oven at 180°C for 1½ hours.
5. Remove from the oven and serve decorated with parsley.

5. DELMONICO POTATOES
10 PORTIONS*Ingredients*

Potatoes (prepared)	2 kg
Milk	500 ml
Breadcrumbs	150 g
Butter	100 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the potatoes into 15 mm dice, season but do not re-wash.
 2. Place the potatoes in a baking dish, barely cover with milk and bake in a moderate oven for 40 minutes then sprinkle the surface with breadcrumbs and dot with butter.
 3. Colour in a hot oven or under a grill and serve decorated with parsley.
- 6. BAKED JACKET POTATOES**
10 PORTIONS

Ingredients

Potatoes (unprepared)	10x200 g
Butter	60 g

Method

1. Thoroughly wash and scrub the potatoes until perfectly clean. Prick each end of the potato with a larding needle.
2. Place on a bed of salt in a baking tray and bake in an oven at 180°C until cooked.
3. Remove the potatoes from the oven, cut a cross through the skin on the top, squeeze to open and insert butter in the cavities. Serve immediately.

Note: Cooking times will vary according to the size of the potatoes, allow a minimum of one hour.

7. MIREILLE POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared)	1.75 kg
Butter	125 g
Artichoke bottoms (prepared)	250 g
Truffles	25 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Trim the potatoes into cylinders 30 mm in diameter.
2. Cut them into thin slices, season but do not re-wash. Slice the artichoke bottoms and the truffles.
3. Heat the oil in Anna moulds and arrange slices of potatoes neatly in the bottoms over-lapping one another.
4. Mix the remainder of the sliced potatoes with the artichoke bottoms and truffles.
5. Fill the moulds with the mixture. Brush the surfaces with oil and cook in an oven at 180°C for 45 minutes, pressing down with a slice occasionally whilst cooking.
6. Remove from the oven, allow to stand for 10 minutes, then turn out onto a serving dish and cut into portions.
7. Serve decorated with parsley.

8. SAVOURY POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Cheese	75 g
Onions	200 g
Margarine	25 g
White stock	500 ml
Oil	
Parsley (chopped)	

Method

1. Cut the potatoes into slices 3 mm thick do not re-wash.
 2. Shred the onion and fry them in oil without colouring.
 3. Grate the cheese.
 4. Mix together the potatoes and onions and half the cheese, season with salt and pepper and place in a greased baking dish.
 5. Arrange a neat layer of the sliced potatoes on the top and pour in stock to half the depth of the contents.
 6. Brush the surface with melted margarine, sprinkle the remainder of the cheese over the surface and cook in an oven at 180°C for an hour.
 7. Remove from the oven and serve decorated with parsley.
- ## 9. SAVOYARDE POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Bacon	150 g

Onions	100 g
White stock	500 ml
Margarine	25 g
Cheese	50 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the potatoes into slices 3 mm thick, do not re-wash.
2. Cut the bacon into 5 mm dice.
3. Peel and shred the onions, and fry them in oil without colouring.
4. Mix the potatoes, bacon and onions together and season with salt and pepper and place them in a greased baking dish.
5. Arrange a neat layer of the sliced potatoes on the top and pour in the stock to half the depth of the contents.
6. Brush the surface with melted margarine. Bring to the boil on top of the stove. Sprinkle with grated cheese and bake in a moderate oven for 1 hour.
7. Serve decorated with parsley.

10. VOISIN POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Oil	50 ml
Parmesan cheese	100 g
Parsley (chopped)	

Method

1. Trim the potatoes into cylinders 30 mm in diameter.
2. Cut them into thin slices, season
3. Heat the oil in an Anna mould and arrange the slices neatly in the bottoms over-lapping one another.
4. Arrange an over-lapping layer around the sides of the moulds, and sprinkle a little grated Parmesan cheese between each layer. Continue until the moulds are full.
5. Brush with oil and cook in an oven at 180°C for 45 minutes, pressing down with a slice occasionally whilst cooking.
6. Remove from the oven, allow to stand for 10 minutes, turn out onto a serving dish and cut into portions.
7. Serve decorated with parsley.

Note: Charlotte moulds may be used in lieu of Anna moulds.

BOILED

11. BOILED POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Salt	

Method

1. Cut the potatoes to an even size.
2. Place the potatoes in a saucepan with salt, cover with cold water and a lid, bring to the boil, skim and simmer for 20 minutes until cooked. Strain off the water and allow the potatoes to dry in the pan with the lid on for 2 minutes before transferring to a warm dish for service.

12. NEW POTATOES WITH MINT 10 PORTIONS

Ingredients

New potatoes	2 kg
Butter	50 g
Fresh mint	1 sprig

Salt

Method

1. Wash the potatoes and put them into a saucepan with cold salted water.
2. Add the spring of mint, cover with a lid, bring to the boil and simmer until cooked. Strain the potatoes and discard the mint.
3. Serve garnished with a few blanched mint leaves.

BRAISED
13. BERRICHONNE POTATOES
10 PORTIONS
Ingredients

Potatoes	2 kg
Onions	125 g
Bacon	250 g
Margarine	25 g
<u>White stock</u>	500 ml
Salt	
Pepper	
Parsley (chopped)	

Method

1. Turn the potatoes to barrel shapes.
2. Peel and finely chop the onions and cook them without colouring in a little margarine.
3. Cut the bacon into lardons.
4. Place the potatoes, onions and bacon in a baking dish.
5. Add stock to half the depth of the contents, season and bring to the boil.
6. Place in an oven at 180°C and cook until tender.
7. Serve decorated with parsley.

14. FONDANT POTATOES
10 PORTIONS
Ingredients

Potatoes (prepared)	2 kg
<u>White stock</u>	500 ml
Margarine	75 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Cut the potatoes into equal sized pieces and trim them to an even shape.
2. Place into greased baking dishes, add stock to half the depth of the potatoes.
3. Season with salt and pepper and brush over with melted margarine.
4. Place in an oven at 200°C to cook. Brush over occasionally with melted margarine to impart a gloss.
5. When cooked the potatoes should be brown on top and white underneath and all stock should have evaporated or have been absorbed by the potatoes.
6. Serve decorated with parsley.

DUCHESS/VARIATIONS
15. DUCHESS POTATOES
10 PORTIONS
Ingredients

Potatoes (prepared)	2 kg
Margarine	100 g

Eggs 4

Nutmeg

Method

1. Place the potatoes in a saucepan, cover with cold water, add salt and bring to the boil. Reduce the heat and simmer for 20 minutes until cooked then drain, dry for 2 minutes and pass through a sieve.
2. Add the margarine, season with salt, pepper and nutmeg and return the mixture to the saucepan.
3. Separate the yolks from the whites of the eggs and mix the yolks with the potatoes until the mixture leaves the side of the pan clean.
4. Using a piping bag with a large star tube pipe raised whirls 25 mm diameter and 50 mm high onto greased, floured baking trays.
5. Dab lightly with melted margarine and colour under a grill or in an oven at 230°C.

16. ALMOND POTATOES
10 PORTIONS
Ingredients

<u>Duchess potatoes</u>	500 g
Eggs 2	
Milk	50 ml
Seasoned flour	50 g
Almonds	125 g
Parsley	15 g

Method

1. Divide the duchess potatoes into portions 25 g in weight.
2. Finely chop 100 g of the almonds then coat the potato portions with seasoned flour, egg wash and the chopped almonds. Mould them into medallion shapes and press a whole almond firmly into the top surface of each one.
3. Deep fry, drain thoroughly, and serve decorated with sprigs of fried parsley on a doily covered dish.

17. BERNY POTATOES
10 PORTIONS
Ingredients

<u>Duchess potatoes</u>	2 kg
Eggs	2
Truffle	50 g
Flour	50 g
Milk	50 ml
Almonds	150 g
Parsley	

Method

1. Finely chop the truffle and add it to the duchess potatoes.
2. Mould the mixture into balls approximately 25 g in weight.
3. Finely chop the almonds.
4. Pass the potato balls through seasoned flour, egg wash and the almonds.
5. Mould to an apricot shape and deep fry to a golden colour.
6. Drain thoroughly and serve garnished with sprigs of fried parsley.

18. CROQUETTE POTATOES
10 PORTIONS
Ingredients

<u>Duchess potatoes</u>	2 kg
Milk	50 ml
Flour	50 g
White breadcrumbs	150 g
Eggs 2	
Parsley	

Method

1. Mould the duchess mixture into balls 25 g in weight.
2. Pass them through seasoned flour, egg wash and breadcrumbs.
3. Mould them into cylindrical shapes and deep fry them to a golden colour.
4. Drain thoroughly and serve garnished with sprigs of parsley on a doily covered dish.

19. DAUPHINE POTATOES
10 PORTIONS

Ingredients

<u>Choux paste</u>	150 g
<u>Duchesse potatoes</u>	850 g

Method

1. Mix the choux paste and duchess potato together.
2. Mould the mixture into even sized brazil nut shape pieces using 2 dessertspoons dipped in oil. Place the moulded potatoes onto oiled strips of greaseproof paper.
3. Deep fry to a golden colour. The potatoes will float when cooked.
4. Drain and serve garnished with sprigs of fried parsley on a doily covered dish.

20. ELIZABETH POTATOES
10 PORTIONS

Ingredients

<u>Choux paste</u>	150 g
<u>Duchess potato</u>	850 g
<u>Spinach puree</u>	100 g
Parsley	

Method

1. Mix choux paste and duchess potato together.
2. Divide the mixture into 25 g pieces. Put 5 g of spinach in the centre of each piece and encase the spinach in the potato. Mould to a brazil nut shape and place onto strips of oiled greased paper.
3. Deep fry to a golden colour. The potatoes will float when cooked.
4. Drain and serve garnished with sprigs of fried parsley on a doily covered dish.

21. LORETTE POTATOES
10 PORTIONS

Ingredients

<u>Choux paste</u>	150 ml
Cheese	75 g
<u>Duchess potatoes</u>	800 g
Parsley	15 g

Method

1. Grate the cheese and mix together with the choux paste and duchess potato.
2. Mould the mixture into even sized brazil nut shape pieces using 2 dessertspoons dipped in oil. Place the potatoes on oiled strips of greaseproof paper.
3. Deep fry to a golden colour. The potatoes will float when cooked.
4. Drain thoroughly and serve garnished with springs of fried parsley on a doily covered dish.

22. MARQUISE POTATOES
10 PORTIONS

Ingredients

<u>Duchess potatoes</u>	2 kg
Tomatoes	200 g
Shallots	25 g
Parsley (chopped)	15 g
Margarine	50 g

Method

1. Concasse the tomatoes.

2. Peel and finely chop the shallots and fry in oil until tender. Add the tomatoes concasse and seasoning and cook until most of the liquid has evaporated.
2. Using a piping bag containing a large star tube pipe raised whirls 25 mm diameter and 50 mm high. Leave a small cavity in the top of each.
4. Brush over with melted margarine and colour under a grill or in an oven at 230°C.
5. Fill the cavity with the tomato and shallot mixture.
6. Decorate for service with a little chopped parsley.

DEEP FRIED

23. ALUMETTE POTATOES
10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Salt	

Method

1. Cut the potatoes into small fingers 5 mm square by 50 mm long then wash, drain and dry them thoroughly.
2. Place them into a frying basket and blanch without colouring in very hot oil until tender.
3. Drain thoroughly and when required for service plunge again into hot oil to quickly colour to a golden brown.
4. Drain thoroughly before serving.

24. BATAILLE POTATOES
10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Salt	

Method

1. Cut the potatoes into 25 mm dice then wash, drain and dry them thoroughly.
2. Place into a frying basket and blanch them without colouring in deep hot oil until tender.
3. Drain thoroughly and when required for service plunge again into hot oil to quickly colour to a golden brown.
4. Drain thoroughly before serving.

25. CHIPPED POTATOES
10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg

Method

1. Cut the potatoes into fingers 15 mm square and 65 mm long then wash, drain and dry them thoroughly.
2. Place into a frying basket and blanch without colouring in deep hot oil until just tender, remove from the oil and drain thoroughly.
3. When required for service plunge again into the hot oil to quickly colour to a golden brown.
4. Drain thoroughly before serving.

26. GAME CHIPS
10 PORTIONS

Ingredients

Potatoes (prepared)	1 kg

Method

1. Select small or medium potatoes and slice them very thinly with a vegetable slicer.
2. Wash them in cold running water then drain and thoroughly dry them on a clean cloth.

3. Deep fry only a small quantity at a time in hot oil to a golden colour, then remove them from the oil and drain thoroughly for service.

27. GAUFRETTE POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared) 1 kg

Method

1. Select small or medium potatoes and slice them on a vegetable slicer using a fluted blade to give a trellis effect.
2. Wash them thoroughly in cold running water drain and dry on a clean cloth.
3. Deep fry only a small quantity at a time in hot oil to a golden colour then remove them from the oil and drain thoroughly for service.

28. MIGNONNETTE POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg
Garlic butter 100 g
Salt

Method

1. Cut the potatoes into fingers 5 mm square and 50 mm long then wash, drain and dry them thoroughly.
2. Wash thoroughly, drain well and dry.
3. Place them into a frying basket, blanch them in deep hot oil without colouring until tender then drain thoroughly.
4. When required for service plunge again into hot oil and quickly colour to a golden brown and drain.
5. Melt the garlic butter in a frying pan, add the potatoes and toss them until they are coated in the garlic butter. Serve immediately.

29. PONT NEUF POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg

Method

1. Cut the potatoes into batons 50 mm x 20 mm x 20 mm then wash, drain and dry them thoroughly.
2. Place them into a frying basket, blanch them in deep hot oil without colouring until just tender then drain thoroughly.
3. When required for service plunge again into hot oil and quickly colour to a golden brown quickly.
4. Drain thoroughly before serving.

30. STRAW POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared) 1 kg

Method

1. Cut the prepared potatoes into fine julienne then wash, drain and dry them thoroughly.
2. Fry them in deep hot oil to a golden brown then drain them thoroughly for service.

SHALLOW FRIED

31. BYRON POTATOES 10 PORTIONS

Ingredients

Potatoes 2 kg
Cheese 50 g
Margarine 150 g
Tinned milk 125 ml
Oil 100 ml
Flour for dusting
Salt
Pepper
Nutmeg

Method

1. Scrub the potatoes and bake them in an oven at 180°C then cut them in half lengthways and scoop out all the potato from the skin into a mixing bowl.
2. Season with salt, pepper and nutmeg and mix in the margarine then divide the mixture into 50 g pieces.
3. Mould these into medallion shapes, using dusting flour and then shallow fry them on both sides to a golden colour.
4. Place them in a baking dish, brush over the top with a little tinned milk and sprinkle with grated cheese.
5. Glaze under a hot grill for service.

32. COLBERT POTATOES 10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg
Butter 25 g
Meat glaze 25 ml
Oil 125 ml
Parsley (chopped)

Method

1. Cut the potatoes into 15 mm cubes then wash, drain and dry them thoroughly.
2. Shallow fry them in a little hot oil, then replace them in an oven at 200°C to cook to a golden colour.
3. Remove from the oven and toss them in a little meat glaze and butter mixed together in a frying pan.
4. Decorate with chopped parsley for service.

33. MACAIRE POTATOES 10 PORTIONS

Ingredients

Potatoes 2 x 250 kg
Margarine 50 g
Oil 100 ml
Flour for dusting

Salt
Pepper
Parsley (chopped) 10 g

Method

1. Scrub the potatoes and bake them in an oven at 180°C then cut them in half lengthways and scoop out all the flesh from the skins into a mixing bowl. Season with salt and pepper and mix in the chopped parsley and margarine then divide the mixture into 50 g pieces.
2. Mould these into medallion shapes using dusting flour and then shallow fry them on both sides to a golden colour.
3. Drain and serve on a doily covered dish.

34. NOISETTE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2.5 kg
Parsley (chopped)
Salt

Method

1. Cut the potatoes with a round scoop cutter then wash, drain and dry them thoroughly.
2. Shallow fry them in a little oil, season with salt and place them in an oven at 200°C to cook to a golden colour.
3. Decorate with chopped parsley for service.

35. PARISIENNE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2.5 kg
Butter 25 g
Meat glaze 265 ml
Oil 125 ml
Parsley (chopped)
Salt

Method

1. Cut the potatoes with a round scoop cutter then wash, drain and dry well.
2. Shallow fry them in a little oil, then place them in an oven at 200°C to cook to a golden colour.
3. Remove them from the oven and toss them in a little meat glaze and butter heated together in a frying pan.
4. Decorate with chopped parsley for service.

36. PARMENTIER POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg
Parsley (chopped)
Oil 125 ml
Butter 25 g
Salt

Method

1. Cut the potatoes into 15 mm cubes, then wash, drain and dry them thoroughly.
2. Shallow fry them in a little oil then place them in an oven at 220°C to cook to a golden colour.
3. Remove them from the oven and toss them in a little butter.
4. Decorate with chopped parsley for service.

37. POTATO CAKES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg
Oil 100 ml
Margarine 50 g
Salt
Pepper
Flour for dusting

Method

1. Wash the potatoes, put them in a saucepan with salt, cover with cold water and a lid, bring to the boil and simmer for 20 minutes until cooked.
2. Drain off and pass them through a sieve then mix in the margarine and seasoning.
3. Divide the mixture into 100 g pieces and using dusting flour, mould these into large medallion shapes.
4. Shallow fry the potato cakes to a golden brown colour on both sides using a minimum of oil.

38. RISSOLEE POTATOES

10 PORTIONS

Ingredients

Boiled potatoes 2 kg
Oil 100 ml
Parsley (chopped)
Salt
Pepper

Method

1. Take left over plain boiled potatoes and fry them whole in shallow oil until golden colour.
2. Drain thoroughly and serve decorated with parsley.

MASHED

39. MASHED POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg
Margarine 100 g
Milk 250 ml
Salt
Pepper
Nutmeg

Method

1. Wash the potatoes, put them in a saucepan with salt, cover with cold water and a lid. Bring to the boil and simmer for 20 minutes until cooked.
2. Drain the potatoes, pass them through a sieve then mix in the margarine, nutmeg and seasoning.
3. Bring the milk to the boil, mix thoroughly into the potatoes and serve.

40. ROAST POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg
Oil 150 ml 2 kg Parsley (chopped)

Method

1. Cut the potatoes to an even size. 2. Heat the oil in a baking dish, put in the potatoes and colour them lightly on top of the stove.
3. Place the potatoes in an oven at 220°C until cooked to a golden colour basting and turning them occasionally.
4. Drain them thoroughly and serve decorated with chopped parsley.

41. CHATEAU POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg

Oil 125 ml

Parsley (chopped)

Butter 50g

Salt & Pepper

Method

1. Cut the potatoes into 50mm sections and turn them to a barrel shape.
2. Heat the oil in a roasting dish, put in the potatoes and colour them lightly on top of the stove. Add seasoning.
3. Glaze with a little melted and serve decorated with chopped parsley.

42. COCOTTE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg

Oil 125 ml

Parsley (chopped)

Butter 50g

Salt

Method

1. Cut the potatoes into 20mm sections and turn them to a barrel shape, 15mm diameter.
2. Shallow fry them in oil to lightly colour, season with a little salt and then place them in an oven at 200°C and cook to a golden colour. Glaze with a little melted butter and serve decorated with chopped parsley.

43. OLIVETTE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 5 kg

Oil 125 ml

Parsley (chopped)

Butter 50g

Method

1. Cut the potatoes with an oval shaped cutter then wash, drain and dry them thoroughly. 2. Shallow fry them in oil to lightly colour, season with a little salt and then place them in an oven at 200°C and cook to a golden colour. 3. Glaze with a little melted and serve decorated with chopped parsley.

44. SAUTE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 kg

Parsley (chopped)

Oil 125 ml

Parsley (chopped)

Salt

Method

1. Choose small potatoes of approximately even size.
2. Scrub the potatoes and boil or steam them in their jackets until tender then allow them to go cold.
3. Peel the potatoes and then cut them into 7mm thick slices. Shallow fry them in oil, season with a little salt and serve decorated with chopped parsley.

45. ALSACIENNE POTATOES

10 PORTIONS

Ingredients

Boiled new potatoes 2 kg

Butter 50g

Bacon 50g

Onions 50g

Salt & Pepper

Parsley (chopped)

Method

1. Peel and finely chop the onions and dice the bacon.
2. Melt the butter in a sauté pan and cook the onion and bacon until lightly coloured.
3. Toss the boiled new potatoes with the onion and bacon ensuring the potatoes are thoroughly heated through and serve decorated with chopped parsley.

46. COLUMBINE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared) 2 5kg

Oil 125 ml

Pimentos 25g

Salt & Pepper

Method 1. Cut the potatoes into 7mm thick slices. Method

2. Saute in a little oil until just tender and golden colour.

3. Cut the pimentos into julienne and add them with a little seasoning to the potatoes; continue to cook for one minute and then serve.

47. LYONNAISE POTATOES

10 PORTIONS

Ingredients

10 PORTIONS

Saute Potatoes 2 kg

Saute Onions 250g

Oil

Parsley (chopped)

Method

1. Saute the potatoes and onions together in a large frying pan until they are thoroughly heated through. Ensure that the pan is only half filled to prevent the potatoes breaking up.
2. Serve decorated with chopped parsley.

PART 2 - KITCHEN

CHAPTER TWENTY FOUR

Vegetables

BLANCHED STEMS 1. Asparagus 2. Asparagus points for garnishes 3. Belgium endive, braised 4. Celery, braised 5. Sea kale BULBS 6. Fennel 7. Leeks, boiled 8. Leeks, braised 9. Onions, boiled 10. Onions, braised 11. Onions, button glazed 12. Onions, French fried 13. Onions, saute COMPOSITE 14. Bubble and squeak 15. Curried mixed vegetables 16. Ratatouille FLOWERS 17. Broccoli 18. Cauliflower, au gratin 19. Cauliflower, boiled 20. Cauliflower, cheese sauce 21. Cauliflower, deep fried 22. Cauliflower, Hollandaise 23. Cauliflower, Polonaise 24. Cauliflower with white sauce 25. Globe artichoke 26. Artichoke bottoms	FRUITS 27. Aubergine, fried 28. Aubergine, Nicoise 29. Aubergine, stuffed 30. Courgettes, Nicoise 31. Courgettes, Provencal 32. Marrow, boiled 33. Marrow, stuffed 34. Peppers, stuffed 35. Tomatoes, grilled 36. Tomatoes, stuffed FUNGI 37. Mushrooms, deep fried 38. Mushrooms, grilled 39. Mushrooms, sauted LEAVES 40. Brussels sprouts, boiled 41. Brussels sprouts, saute 42. Cabbage, boiled 43. Cabbage, braised 44. Cabbage, braised stuffed 45. Lettuce, braised 46. Red cabbage, braised with apples 47. Spinach leaf 48. Spinach puree PODDED 49. Beans, broad boiled 50. Beans, broad Westphalian 51. Beans, French boiled 52. Beans, French sauted with tomatoes 53. Beans, runner boiled	54. Mange tout 55. Boiled green peas 56. Peas, French style PULSES 57. Beans, Boston 58. Beans, butter 59. Beans, butter with parsley sauce 60. Beans, haricot 61. Beans, marrowfat 62. Peace pudding ROOTS 63. Beetroot, boiled 64. Carrots, baton 65. Carrots, creamed 66. Carrots, glazed 67. Carrots, puree 68. Carrots, vichy 69. Mixed vegetables, buttered 70. Parsnips, boiled 71. Parsnips, roasted 72. Swedes, boiled 73. Swedes, puree 74. Turnips, boiled 74. Turnips, boiled 75. Turnips, glazed TUBERS 76. Jerusalem artichokes UNCLASSIFIED 77. Corn on the cob

BLANCHED STEMS**1. ASPARAGUS**

Allow 8 sticks of asparagus per person

Method

1. Remove the husk from the green end of the stalk below the tip.
2. Scrape the skin from the white end and wash thoroughly.
3. Tie into bundles of 16 with the tips all level, placing one string below the heads and one round the base. Trim the white ends level.
4. Place upright in boiling salted water the water should come up to just below the tips.
5. Cover the tips with foil and simmer until the stalks are tender.
6. This method will prevent the tips being over cooked.
7. Drain thoroughly, remove the strings and serve with an appropriate sauce.

Notes:

1. Hot asparagus is usually served with either melted butter or hollandaise sauce.
2. When served cold the accompaniment is usually using vinaigrette dressing.
3. When serving cold refresh the asparagus under cold running water after stage 4.

2. ASPARAGUS POINTS FOR GARNISH

Very thin asparagus stems are called "sprue". Allow 3 heads for each portion of garnish.

Method

1. Cut off the asparagus at the tender point of the stalk.
2. Tie into small bundles with 1 string round the head and 1 round the base.
3. Trim to an even length.
4. Place upright in boiling salted water the water should come up to just below the tips.
5. Cover the tips with foil and simmer until the stalks are tender. This method will prevent the tips being over-cooked.
6. Refresh under cold running water, then drain and use as required.

Note: Sprue is also excellent for making soups.

**3. BRAISED BELGIUM ENDIVE
10 PORTIONS***Ingredients*

Belgium endives	10
Water	500 ml
Margarine	100 g
Lemon	1
<u>Jus lie</u>	125 ml
Salt	
Parsley (cooked)	

Method

1. Trim and wash the endives, place them in a shallow pan.
 2. Cover with water, add lemon juice, margarine and salt, bring to the boil, cover with lid and place in an oven at 180°C for 40 minutes until tender.
 3. Remove from the pan and fold into heart shapes draining thoroughly.
 4. Mask with jus lie and decorate with parsley for service.
- 4. BRAISED CELERY (CELERY BRAISE)
10 PORTIONS**

Ingredients

Celery heads	5
Onions	50 g
Lemon	1
Carrots	50 g
<u>Demi glace</u>	125 ml
<u>Brown stock</u>	125 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Trim the celery and remove any outside leaves. Scrub thoroughly and remove the outside fibres with a vegetable knife.
2. Blanch the celery for 20 minutes in boiling water to which lemon juice and salt have been added.
3. Refresh under cold water and rewash allowing the water to run between the sticks.
4. Place into a saucepan on a bed of sliced carrots and onion and cover with brown stock. Season with salt and pepper.
5. Cover with a greased paper and a lid, bring to the boil on top of the stove and then braise slowly in the oven at 180°C until tender.
6. Remove from the oven, strain off the liquid into another saucepan.
7. Reduce the liquid by half, add to the demi glace and adjust the seasoning and consistency.
8. Split the celery lengthways in sections and fold evenly with the head of the celery uppermost. Place into a serving dish.
9. Mask with the demi-glace and serve decorated with chopped parsley.

**5. BOILED SEA KALE
10 PORTIONS***Ingredients*

Sea kale	1.2 kg
<u>Blanc</u>	2 ltr
Salt	
Parsley	

Method

1. Trim the stalks, wash thoroughly and tie into bundles.
2. Bring the blanc to the boil in a saucepan. Add the sea kale and simmer for 20 minutes then lift it out carefully to avoid breaking the tops and drain on a cloth.
3. Remove the strings and serve on a napkin or doily covered dish.
4. Garnish with picked parsley and serve with an appropriate sauce.

Note: Suitable accompaniments are hollandaise sauce or melted butter.

BULBS**6. FENNEL
10 PORTIONS**

Ingredients

Fennel	5 bulbs
Butter	50 g
Parsley (chopped)	
Salt	

Method

1. Wash the fennel, trim the roots.
2. Cook in boiling salted water for 20 minutes, keeping them firm.
3. Drain thoroughly cut into portions, brush with melted butter and serve decorated with chopped parsley.

Notes:

1. Fennel can also be served braised or stuffed. If stuffed the fennel should be left whole after boiling and the stuffing placed between the leaves.
2. The fennel should then be placed in a suitable dish, half covered with veal stock and braised for 30 minutes.

7. BOILED LEEKS

10 PORTIONS

Ingredients

Leeks	1 kg
Salt	

Method

1. Trim off the roots and remove the outer leaves.
2. Cut away the coarse green ends.
3. Split down the middle to within 15 mm of the root and wash thoroughly under running water.
4. Carefully tie into bundles of 6 to 8. Place into a saucepan of salted water, bring to the boil and simmer for 20 minutes.
5. Remove the leeks from the saucepan. Cut off the strings and drain thoroughly then fold each leek in half and place into a warm serving dish.

8. BRAISED LEEKS

10 PORTIONS

Ingredients

Leeks	1.2 kg
Carrots	100 g
Onions	100 g
<u>White stock</u>	500 ml
<u>Jus lie</u>	250 ml
Salt	
Pepper	

Method

1. Trim off the roots and remove the outer leaves.
2. Cut away the coarse green ends.
3. Split down the middle within 15 mm of the root and wash thoroughly under running water. Carefully tie into bundles of 6 to 8.
4. Place into boiling salted water and blanch for 10 minutes then refresh and drain.
5. Cut off the strings and fold the green end under the white then place the leeks on a bed of root vegetables. Add stock and seasoning bring to the boil and cover and cook at 180°C in an oven for 30 minutes.
6. Remove the leeks from the oven, drain thoroughly and place them on a warm serving dish. Coat with jus lie and serve.

9. BOILED ONIONS

10 PORTIONS

Ingredients

Onions	1 kg

Salt

Method

1. Select onions of even size and peel them being careful to retain as much of the root as possible.
2. Place the onions in a saucepan of boiling salted water and simmer until tender.
3. Remove from the saucepan and drain. Place into hot serving dishes and serve.

Note: Serve with white sauce or parsley sauce.

10. BRAISED ONIONS

10 PORTIONS

Ingredients

Onions	1 kg
Oil	125 ml
<u>Brown stock</u>	250 ml
<u>Demi glace</u>	250 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Select and peel onions of an even size.
2. Heat a little oil in a roasting tin, add the onions and fry them to a golden brown.
2. Strain off the oil, half cover the onions with brown stock, add seasoning and bring to the boil then place in an oven at 200°C to cook until tender.
4. Strain off the stock, reduce it by half and add to the demi glace.
5. Put the onions into a warm serving dish; mask them with the sauce and decorate for service with chopped parsley.

11. GLAZED BUTTON ONIONS

10 PORTIONS

Ingredients

Button onions	200 g
Butter or margarine	50 g
Sugar	25 g
<u>White stock</u>	125 ml
Salt	

Method

1. Peel the button onions.
2. Place them in a single layer into a saute pan or pie dish.
3. Half cover with stock and add butter or margarine and a little salt and sugar.
4. Bring them to the boil and place them in an oven at 200°C to cook until tender.
5. When the onions are cooked most of the stock will have evaporated leaving a glaze.
6. Put the onions in a warm serving dish and use the glaze to coat the onions for service.

12. FRENCH FRIED ONIONS

10 PORTIONS

Ingredients

Onions	500 g
Milk	250 ml
Flour for dusting	

Salt

Method

1. Slice medium sized onions in thin rings.
2. Separate the rings putting aside the centre rings as they are too small.
3. Add a little salt to the flour.
4. Soak the onions in milk, drain and pass them through flour.
5. Shake off the surplus flour and deep fry the onions in hot oil until they are crisp and a golden colour.
6. Drain thoroughly and serve on a doily covered dish.

13. SAUTED ONIONS

10 PORTIONS

Ingredients

Onions	1 kg
Oil	100 ml
Parsley (chopped)	
Salt	

Method

1. Finely shred the onions.
2. Shallow fry them in hot oil until tender.
3. Season, decorate them with the parsley and serve.

COMPOSITE

14. BUBBLE AND SQUEAK

10 PORTIONS

Ingredients

<u>Plain boiled potatoes</u>	1 kg
<u>Plain boiled cabbage</u>	500 g
Oil	100 ml
Salt	
Pepper	
Flour for dusting	

Method

1. Dry mash the potatoes and add seasoning.
2. Chop the cooked cabbage well and mix it with the dry mashed potatoes.
3. Shape the mixture into medallions with a dusting of flour.
4. Shallow fry in hot oil to a golden colour on both sides and serve.

15. CURRIED MIXED VEGETABLES

10 PORTIONS

Ingredients

Onions	150 g
Carrots	400 g
French beans	400 g
Peas	200 g
Oil	150 ml
<u>Masala</u>	75 g
Salt	

Method

1. Shred the onions. Dice the carrots.
2. Heat the oil in a saute-pan, add the onions and cook them until tender and a golden colour.
3. Add the masala and salt, cook for 3 minutes.
4. Add the carrots, french beans and peas and cook for a further 10 minutes.
5. Adjust the seasoning and serve.

16. RATATOUILLE

10 PORTIONS

Ingredients

Onions	125 g
Aubergines	500 g
Courgettes	500 g
Tomatoes	500 g
Red peppers	125 g
Green peppers	125 g
Garlic	2 cloves
Oil	150 ml
Basil	pinch
Rosemary	pinch
Parsley (chopped)	
Salt	
Pepper	

Method

1. Thinly slice the onion.
2. Slice the aubergines, cover them with salt and allow to stand for 30 minutes. Cut the courgettes into 5 mm slices.
3. Concasse the tomatoes.
4. Cut the peppers into quarters, remove the seeds, and cut the flesh into thin slices.
5. Fry the onions in the oil without colouring in a thick bottomed pan.
6. Peel, crush and add the garlic then the courgettes, the drained aubergines and salt and pepper.
7. Cook for 5 minutes with the lid on then add the tomato concasse, the basil and rosemary and cook until all the ingredients are tender.
8. Adjust the seasoning and serve the ratatouille in a vegetable dish garnish with parsley.

Note: Mature aubergines can have a rather bitter taste. Salting and draining them before cooking helps to remove the bitter juices. It also reduces the aubergines tendency to absorb large quantities of oil during cooking. This dish may be served cold as an hors d'oeuvre.

FLOWERS

17. BROCCOLI

10 PORTIONS

Ingredients

Purple broccoli	2 kg
Salt	

Method

1. Break the stalk below the purple head where it is tender.
2. Tie the head into small bundles.
3. Stand the broccoli upright to cook in boiling salted water for 15 minutes. Drain, remove the strings and serve with an appropriate sauce.

Note: Serve with either melted butter or hollandaise sauce.

18. CAULIFLOWER AU GRATIN

10 PORTIONS

Ingredients

Cauliflower	2 kg
<u>Mornay sauce</u>	500 ml
Parmesan cheese	50 g

Method

1. Trim the cauliflower of excessive green stalks. Trim the stems and cut a cross in the base with a knife then soak for 10 minutes in salted water and wash thoroughly.
2. Place the cauliflower into boiling salted water, cover it with a lid and simmer until tender then drain it thoroughly and place it into a warm serving dish.
3. Bring the mornay sauce to the boil and mask the cauliflower. Sprinkle the surface with Parmesan cheese and colour lightly under a grill or in a hot oven.

19. BOILED CAULIFLOWER 10 PORTIONS

Ingredients

Cauliflower	2 kg
Salt	

Method

1. Trim the cauliflower of excessive green stalks. Trim the stem and cut a cross in the base with a knife then soak for 10 minutes in salted water and wash thoroughly.
2. Place the cauliflower into boiling salted water, cover it with a lid and simmer until tender then drain it thoroughly, place it in a warm dish and cut it into portions for service.

20. CAULIFLOWERS WITH CHEESE SAUCE 10 PORTIONS

Ingredients

Cauliflower	2 kg
<u>Cheese sauce</u>	500 ml
Salt	

Method

1. Trim the cauliflower of excessive green stalks. Trim the stems and cut a cross in the base with a knife then soak for 10 minutes in salted water and wash thoroughly.
2. Place the cauliflower into boiling salted water, cover it with a lid and simmer until tender then drain it thoroughly and place it in a warm oven.
3. Heat the cheese sauce, mask the cauliflower and serve.

21. DEEP FRIED CAULIFLOWER 10 PORTIONS

Ingredients

Cauliflower	2 kg
Flour	50 g
Yeast batter	500 ml
Salt	

Method

1. Cut the cauliflower into florets. Wash them thoroughly and simmer in salted water for 3 minutes.
2. Remove from the heat, refresh in cold water and drain well.
3. Pass the florets through seasoned flour.
4. Coat them with the batter and deep fry them in hot oil to a golden brown.
5. Drain thoroughly and serve on a doily covered dish.

Note: Deep fried cauliflower can be served with either a tomato coulis or tomato sauce.

22. CAULIFLOWER HOLLANDAISE 10 PORTIONS

Ingredients

Cauliflower	2 kg
<u>Hollandaise sauce</u>	500 ml
Salt	

Method

1. Trim the cauliflower of excessive green stalks.

2. Trim the stems and cut a cross in the base with a knife then soak for 10 minutes in salted water and wash thoroughly.
3. Place the cauliflower into boiling water, cover it with a lid and simmer until tender then drain thoroughly.
4. Serve the cauliflower whole or cut into portions, in a vegetable dish.
5. Serve hollandaise sauce separately.

23. CAULIFLOWER POLONAISE 10 PORTIONS

Ingredients

Cauliflower	2 kg
Eggs	2
Parsley	10 g
Breadcrumbs	75 g
Margarine or butter	100 g
Salt	

Method

1. Boil the eggs, refresh them and remove the shells. Sieve the yolks and whites separately.
2. Trim the cauliflower of excessive green stalks, trim the stems and cut a cross in the base with a knife then soak for 10 minutes in water and wash thoroughly.
3. Place the cauliflower into boiling salted water, cover it with a lid and simmer until tender then drain it thoroughly and place it on a warm serving dish.
4. Heat the margarine or butter in a frying pan and fry the breadcrumbs until they are golden brown.
5. Sprinkle over the cauliflower and decorate with the sieved yolk and whites of egg and the parsley.

24. CAULIFLOWER WITH WHITE SAUCE 10 PORTIONS

Ingredients

Cauliflower	2 kg
<u>White sauce</u>	500 ml
Salt	

Method

1. Trim the cauliflower of excessive green stalks, trim the stem and cut a cross in the base with the knife then soak for minutes in salted water and wash thoroughly.
2. Place the cauliflower into boiling salted water, cover it with a lid and simmer until tender then drain it thoroughly and place it on a warm serving dish.
3. Boil the white sauce and mask over the cauliflower for service.

25. GLOBE ARTICHOKE 10 PORTIONS

Ingredients

Globe artichokes	10
<u>Blanc</u>	
Lemons	2
Salt	

Method

1. Use only young and fresh artichokes. Trim off the stem at the base. Using a strong knife or scissors trim the tops of the leaves.
2. Place a slice of lemon at the base of each one and tie in place with string.
3. Simmer in a blanc or well acidulated water until the base is tender.
4. Drain and remove the core carefully from the centre and leave it clean. Replace the centre on top of the leaves.
5. Serve in a warm dish accompanied by an appropriate sauce, ie hollandaise or melted butter.

26. ARTICHOKE BOTTOMS 10 PORTIONS

Ingredients

Globe artichokes	10
Lemons	1
<u>Blanc</u>	500 ml

Method

1. Remove the stalk close to the body of the artichoke.
2. Trim away the green bottom leaving the meaty yellow flesh exposed. Rub with a lemon.
3. Cut the upper green leaves away leaving the artichoke bottom about 15 mm thick.
4. Simmer in the blanc until tender and then store in the cooking liquor until required. Before use remove the spongy interior being careful to preserve the outer rim. In this form it resembles an empty tartlet case.

FRUITS

27. FRIED AUBERGINE 10 PORTIONS

Ingredients

Aubergines	1 kg
Milk	500 ml
Flour to dust	
Salt	
Pepper	

Method

1. Peel the aubergines and cut them into 5 mm thick slices. Cover them with salt and allow them to stand for 30 minutes.
2. Drain and pass through milk and flour.
3. Deep fry in hot oil until tender and a golden brown.
4. Drain, season and serve on a doily covered dish.

Notes:

1. Mature aubergines can have a bitter taste. Salting and draining the sliced aubergine before cooking helps to remove the bitter juices. It also reduces the aubergines tendency to absorb oil during cooking.
2. This dish may be served cold as an hors d'oeuvre.

28. AUBERGINE NICOISE 10 PORTIONS

Ingredients

Aubergine	1 kg
Red pepper	100 g
Oil	125 ml
Tomatoes	200 g
Onions	100 g
Parsley (chopped)	
Flour for dusting	
Salt	
Pepper	

Method

1. Peel and slice the aubergines. Cover them with salt and allow them to stand for 30 minutes.
2. Drain, pass them through flour and saute them until tender in oil.
3. Concasse the tomatoes.
4. Dice the pepper and onions and fry until just tender, add the tomato and cook for a further 2 minutes. The toss all the cooked ingredients together in a pan.
5. Adjust the seasoning, decorate with parsley and serve.

Notes:

1. Mature aubergines can have a rather bitter taste. Salting and draining the sliced aubergines before cooking helps to remove the bitter juices. It also reduces the aubergines tendency to absorb oil during cooking.
2. This dish may be served cold as an hors d'oeuvre.

29. STUFFED AUBERGINES 10 PORTIONS

Ingredients

Aubergines	5
Jus lie	125 ml
<u>Vegetable stuffing</u>	200 g

Method

1. Cut the aubergine in 2 lengthways. Score the faces in a latticework pattern with a knife.
2. Deep fry in hot oil until tender.
3. Drain on a cloth and remove the centre seeds with a spoon.
4. Scoop out the rest of the flesh being careful not to damage the skins then chop the flesh and mix it with the vegetable stuffing.
5. Place the aubergines in a flat dish or pan and fill them with vegetable stuffing.
6. Sprinkle the tops with the breadcrumbs and melted margarine and place them in an oven at 180°C to bake for 30 minutes.
7. Dish up and serve with jus lie.

30. COURGETTES NICOISE 10 PORTIONS

Ingredients

Courgettes	1.2 kg
Onions	50 g
Garlic	1 clove
Tomatoes	400 g
Oil	30 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Slice the courgettes into 5 mm thick slices.
2. Peel and slice the onions, crush and finely chop the garlic.
3. Concasse the tomatoes.
4. Heat the oil in a pan, lightly fry the onions and garlic. Add the courgettes and tomatoes, season and fry gently until cooked.
5. Decorate with parsley before serving.

31. COURGETTES PROVENÇAL

10 PORTIONS

Ingredients

Courgettes	1.2 kg
Garlic	2 cloves
Tomatoes	600 g
Oil	50 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Slice the courgettes into 5 mm thick slices.
2. Crush and finely chop the garlic.
3. Concasse the tomatoes.
4. Fry the garlic and tomato together to a pulp.
5. Heat the oil in a pan, add the courgettes and fry them gently until tender.
6. Add the tomatoes and toss together so that the tomato coats the courgettes
7. Add seasoning and serve decorated with parsley.

32. BOILED MARROW

10 PORTIONS

Ingredients

Marrow	1.5 kg
Salt	
Pepper	

Method

1. Peel the marrow. Cut it in half lengthways and remove the pith and seeds.
2. Cut the flesh into even sized pieces and simmer in salt water until tender.
3. Remove the pieces of marrow from the water and drain on a cloth.

Note: Marrow can be served with the following sauces, white, parsley, hollandaise and melted butter.

33. STUFFED MARROW

10 PORTIONS

Ingredients

Marrow	1 kg
Onion	25 g
Carrots	25 g
Margarine	50 g
<u>Rice a la grecque</u>	250 g
Salt	
Pepper	

Method

1. Peel the marrows. Cut 25 mm off the thick end and remove the pith and seeds with a long spoon.
2. Stuff the marrow with rice. Replace the end, place on a bed of root vegetables with the cut end of the marrow against the edge of the dish to keep it in place.
3. Add seasoning, brush with melted margarine and bake in an oven at 180°C with a lid on until the flesh is tender then remove the marrow from the baking dish and cut across into portions.

Note: Marrow may also be stuffed with sausage meat, duxelle or vegetable stuffing.

34. STUFFED PEPPERS

10 PORTIONS

Ingredients

Green peppers	10
<u>Rice a la grecque</u>	300 g
Cooked ham	50 g
<u>White sauce</u>	500 ml
Butter	50 g
<u>Jus lie</u>	250 ml
Salt	
Pepper	

Method

1. Select even sized peppers. Wash, dry and blanch them by immersing them in hot oil or placing them under a hot grill until the skins blister.
2. Carefully peel off the skins then remove the core and seeds and rinse the peppers under running water.
3. Cook the peas, finely dice the ham then mix them with the rice and add seasoning.
4. Completely fill the peppers with the rice mixture and then braise them in the white stock until the flesh is cooked but remains slightly firm.
5. Cut the peppers across into halves.
6. Reduce the cooking liquor to an essence and add the jus lie.
7. Serve the peppers brushed with melted butter and decorated with parsley. Serve the sauce separately.

35. GRILLED TOMATOES

Ingredients

Tomatoes	1.2 kg
Oil	35 ml
Salt	
Pepper	

Method

1. Remove the core from the tomatoes and cut the tomatoes in half horizontally.
2. Place the tomatoes on a tray, brush with oil, add seasoning and cook under a grill or in a hot oven until tender.

36. STUFFED TOMATOES

10 PORTIONS

Ingredients

Tomatoes	1.2 kg
<u>Duxelle stuffing</u>	200 g
White breadcrumbs	50 g
Margarine	50 g
<u>Jus lie</u>	250 ml
Parsley (chopped)	

Method

1. Select and wash even sized tomatoes.
2. Cut off the tops, remove the seeds and place the tomatoes on a greased baking tray.
3. Fill the tomatoes with the stuffing then sprinkle the tops with white breadcrumbs and a little melted margarine.
4. Cook lightly in an oven at 180°C and serve in a vegetable dish surrounded with jus lie and decorated with parsley.

FUNGI

37. DEEP FRIED MUSHROOMS 10 PORTIONS

Ingredients

Button mushrooms	500 g
Yeast batter	500 ml
Flour	100 g
Salt	
Pepper	
Parsley	

Method

1. Remove the stalks and put them aside. Wipe the caps with a damp cloth and pass them through seasoned flour.
2. Coat the caps with batter and deep fry in hot oil until tender and a golden brown colour.
3. Drain thoroughly and serve on a doily covered dish garnished with parsley sprigs.

38. GRILLED MUSHROOMS 10 PORTIONS

Ingredients

Field mushrooms	500 g
Butter or margarine	100 g
Salt	
Pepper	

Method

1. Peel the mushrooms and trim the stalks then wash them in cold water but do not soak.
2. Place the mushrooms on a greased tray, stalk uppermost. Brush with melted butter or margarine, add seasoning and cook under a grill for 5 minutes.

39. SAUTE MUSHROOMS 10 PORTIONS

Ingredients

Field Mushrooms	500 g
Butter	100 g
Salt	
Pepper	
Parsley (chopped)	

Method

1. Peel the mushrooms, trim the stalks then wash them in cold water but do not soak.
2. Heat the butter in a saute pan and cook the mushrooms until lightly coloured.
3. Season and serve decorated with parsley.

LEAVES

40. BRUSSELS SPROUTS 10 PORTIONS

Ingredients

Brussels sprouts	1.2 kg
Butter	100 g
Salt	

Method

1. Prepare the sprouts by removing any discoloured leaves. Cut a small cross in the base of each sprout and then wash them in cold water.
2. Cook the sprouts in boiling salted water until tender. Drain thoroughly before serving in a warm dish.

41. SAUTE BRUSSELS SPROUTS 10 PORTIONS

Ingredients

Brussels sprouts	1.2 kg
Margarine or butter	100 g
Salt	
Nutmeg	

Method

1. Prepare the sprouts by removing any discoloured leaves. Cut a small cross in the base of each sprout and then wash them thoroughly in cold water.
2. Cook the sprouts in boiling salted until tender, refresh in cold water and then drain thoroughly.
3. Heat the butter in a shallow pan, put in the sprouts, add seasoning and saute until the sprouts are reheated and then serve them in a warm dish.

42. BOILED CABBAGE 10 PORTIONS

Ingredients

Cabbage	1.6 kg
Salt	

Method

1. Prepare the cabbage by removing any discoloured leaves and cut it into quarters, remove most of the inner stalk and wash it in cold water.
2. Allow the cabbage to drain then shred the leaves, place into a minimum of boiling salted water and cook until tender.
3. Strain in a colander, pressing out any excess water and serve in a heated dish.

43. BRAISED CABBAGE 8 PORTIONS

Ingredients

Cabbage	1.3 kg
Carrots	50 g
Onions	50 g
Bacon trimmings	100 g
White stock	500 ml
Demi glace	250 ml

Method

1. Prepare the cabbage by removing any discoloured leaves then cut it into quarters. Trim the stalk leaving enough on the cabbage to hold leaves together. Place a bed of

- sliced carrots and onions in a braising pan, add the bacon trimmings.
- Place the cabbage on top, half cover with stock, season and cover with greaseproof paper, bring to the boil and cover with a lid.
 - Braise in an oven at 180°C until tender, approximately 1½ hours. Transfer the cabbage from the liquor into a serving dish and keep warm. Strain the liquor, skim off any fat, reduce by half, add the demi glace, adjust the seasoning and serve with the cabbage.

- Place a bed of sliced carrots and onions in a shallow dish, place the lettuces on top and half cover with the white stock.
- Cover with a buttered paper and a lid and bring to the boil.
- Place into an oven at 180°C and braise until tender.
- Remove the lettuce from the pan and drain them thoroughly.
- Cut each lettuce in 2 lengthways and fold over neatly.
- Decorate with chopped parsley and serve in a warm dish with jus lie.

44. BRAISED STUFFED CABBAGE 10 PORTIONS

Ingredients

Cabbage	1.6 kg
Sausage meat	150 g
Carrots	50 g
Onions	50 g
Bacon trimmings	100 g
White stock	500 ml
Salt	
Pepper	
Demi glace	250 ml

Method

- Prepare the cabbage by removing any discoloured leaves.
- Take off 10 of the outer leaves.
- Quarter the remainder of the cabbage and remove the stalk.
- Blanch the quarters and leaves for 10 minutes, refresh and drain thoroughly.
- Place the leaves on a bard, divide the quartered cabbage equally between the leaves and place in the centre.
- Place 15 g of sausage meat on the cabbage leaves and add seasoning.
- Form each portion into a small cabbage. Place a bed of carrots and onions in a braising pan, add the bacon trimmings.
- Put the cabbage portions on top, half cover with the white stock, season and bring to the boil.
- Cover with greaseproof paper and a lid and braise in an oven at 180°C until tender.
- Transfer the cabbage into a serving dish and keep warm.
- Strain the cooking liquor, skim the fat and reduce by half, add the demi glace, adjust the seasoning and serve with the cabbage.

Note: The filling can be varied by using braised rice.

45. BRAISED LETTUCE 10 PORTIONS

Ingredients

Lettuce	5
Carrots	50 g
Onions	50 g
White stock	250 ml
Jus lie	125 ml
Parsley (chopped)	

Method

- Prepare the lettuce by removing any discoloured leaves and then wash them thoroughly.
- Blanch them in boiling salted water, refresh in cold water and then squeeze out any excess moisture.

46. BRAISED RED CABBAGE WITH APPLES 10 PORTIONS

Ingredients

Red cabbage	1.2 kg
Apples	400 g
Onions	50 g
White stock	250 ml
Sugar	10 g
Vinegar	75 ml
Bacon rind	100 g
Salt	
Pepper	

Method

- Prepare the cabbage by removing any discoloured leaves then cut it into quarters. Remove the stalks and wash it in cold water.
 - Allow the cabbage to drain then shred the leaves. Peel and slice the apples and peel and shred the onions.
 - Lightly cook the onions in a braising pan, add the apples and the cabbage, half cover with stock, add the sugar and bring to the boil.
 - Add the vinegar and bacon rind and cover with greaseproof paper and a tight fitting lid then slowly braise in the oven at 180°C until tender.
 - Remove the greaseproof paper and bacon rind, adjust the seasoning and serve.
- #### 47. LEAF SPINACH 10 PORTIONS

Ingredients

Spinach	1.6 kg
Butter	50 g
Salt	
Pepper	
Nutmeg	

Method

- Prepare the spinach by removing the large stalks and any discoloured leaves.
- Thoroughly wash the leaves in several changes of water then allow to drain.

3. Cook the spinach in a minimum of boiling salted water until tender, refresh it under cold running water and then squeeze it into balls.
4. Heat the butter in a saute pan, put in the spinach and stir lightly until it is completely reheated.
5. Season with salt, pepper and nutmeg and serve in a heated dish.

48. PUREE OF SPINACH 10 PORTIONS

Ingredients

Spinach	1.6 kg
Butter or margarine	25 g
<u>White sauce</u>	125 ml
Salt	
Pepper	

Method

1. Prepare the spinach by removing the large stalks and any discoloured leaves.
2. Thoroughly wash the leaves in several changes of cold water then allow to drain.
3. Cook the spinach in a minimum of boiling salted water until tender, refresh it under cold running water and then squeeze out any excess moisture.
4. Pass the spinach through a fine wire sieve or a mincer with a fine plate.
5. Heat the butter in a saucepan, add the spinach and cook until the surplus water has evaporated.
6. Stir in sufficient white sauce to form a creamy mixture.
7. Heat thoroughly, adjust the seasoning and serve in a warm vegetable dish.

PODDED

49. BOILED BROAD BEANS 10 PORTIONS

Ingredients

Broad beans in pod	2.5 kg
Butter	50 g
Salt	

Method

1. Shell the beans and cook them in boiling salted water, until tender then allow them to drain in a colander.
2. Brush the beans with a little melted butter and serve in a heated vegetable dish.

Notes:

1. Select young beans, mature beans develop a tough outer skin.
2. The beans can also be served in parsley sauce.

50. BROAD BEANS WESTPHALIAN STYLE 10 PORTIONS

Ingredients

Broad beans in pod	2 kg
Salt	
Pepper	
<u>Supreme sauce</u>	250 ml
Lardons of bacon	50 g
Onions	50 g
Butter	50 g
Parsley (chopped)	

Method

1. Shell the beans and cook them in boiling salted water, until tender then allow them to drain in a colander.

2. Peel and finely chop the onions. Heat the butter in a large saucepan, add the onions and lardons of bacon and cook without colouring.
3. Drain the beans and toss them together with the bacon and onions. Add the supreme sauce and adjust the seasoning.
4. Serve decorated with parsley in a heated vegetable dish.

51. BOILED FRENCH BEANS (HARICOTS VERT) 10 PORTIONS

Ingredients

French beans	1.2 kg
Salt	
Margarine or butter	100 g

Method

1. Wash the beans and trim off the ends.
2. Cook them in boiling salted water until tender, about 5 minutes then allow them to drain in a colander.
3. Serve in a heated vegetable dish.

Note: Young beans should need little preparation. If they have become coarse remove the stringy sides.

52. FRENCH BEANS SAUTED WITH TOMATOES 10 PORTIONS

Ingredients

French Beans	1.2 kg
Onions	50 g
Tomatoes	200 g
Butter	50 g
Salt	
Pepper	

Method

1. Wash the beans and trim off the ends.
2. Cook them in boiling salted water until tender, about 5 minutes then allow them to drain in a colander.
3. Concasse the tomatoes.
4. Finely dice the onions and cook them in the butter until tender, add the tomato and cook for 2 minutes.
5. Add the beans, reheat thoroughly, season and serve in a heated vegetable dish.

Note: Young beans should need little preparation. If they have become coarse remove the stringy sides.

53. BOILED RUNNER BEANS 10 PORTIONS

Ingredients

Runner beans	1.4 kg
Margarine or butter	50 g
Salt	

Method

1. Wash the beans, trim off ends and the stringy sides then cut the beans into fine slices 25 mm long.
2. Cook in boiling salted water until tender, about 5 minutes.
3. Drain thoroughly.

54. MANGE TOUT 10 PORTIONS

Ingredients

Mange tout	1 kg
Butter	100 g
Salt	

Method

1. Prepare the pods by washing them thoroughly and trimming off the ends.
2. Cook the pods in boiling salted water for about 3 minutes until tender but remaining a little crisp.
3. Drain and serve immediately in a heated vegetable dish.

55. BOILED GARDEN PEAS

10 PORTIONS

Ingredients

Fresh peas	2.5 kg
Mint fresh	1 bundle
Sugar	
Salt	

Method

1. Remove the peas from their shells, wash them in salted cold water and drain.
2. Boil them in salted water, with a little fresh mint added, until tender then drain them in a colander.
3. Serve immediately in a heated vegetable dish.

Note: When buying fresh peas, choose crisp well filled pods with some air space between the peas. Over full pods may have tough peas inside.

56. PEAS FRENCH STYLE

10 PORTIONS

Ingredients

Fresh peas	2.5 kg
Small button onions	200 g
Lettuce	1 head
Sugar	25 g
<u>Manie butter</u>	50 ml
Salt	
Pepper	

Method

1. Remove the peas from their shells, wash them in salted water and drain.
2. Wash and shred the lettuce. Peel the button onions.
3. Place the peas, lettuce and onions into a saucepan.
4. Barely cover with water, add the sugar and seasoning.
5. Bring to the boil, cover with a lid and simmer until tender.
6. Remove the lid, stir in the manie butter.
7. Return to the boil to thicken the liquor then remove from the stove and serve in a heated vegetable dish.

Note: When buying fresh peas, choose crisp well filled pods with some air space between the peas. Over full pods may have tough peas inside.

PULSES

57. BOSTON BEANS

10 PORTIONS

Ingredients

Navy beans	400 g
Tomato puree	50 ml

Onions	50 g
Peppercorns	5
Cloves	2
Belly pork	200 g
Golden syrup	50 ml
Bouquet garni	1 small
<u>White stock</u>	500 ml
Salt	
Pepper	

Method

1. Soak the beans overnight in cold water.
2. Cut the belly pork into 15 mm dice.
3. Peel and finely chop the onions and using a little oil in a saucepan shallow fry them without colouring.
4. Rewash the beans and add them to the onions together with diced pork. Add the stock, bring to the boil and skim.
5. Tie the peppercorns and cloves in muslin and add to the beans.
6. Add the remainder of the ingredients, cover with a lid and cook slowly in an oven at 180°C for one hour.
7. Remove the lid and cook for a further 30 minutes.
8. Remove the pan from the oven discard the muslin bag and the bouquet garni. Adjust the seasoning and consistency and serve.

58. BOILED BUTTER BEANS

10 PORTIONS

Ingredients

Butter beans	400 g
Carrot	50 g
Bacon trimmings	25 g
Onions	50 g
Salt	

Method

1. Soak the beans overnight in cold water.
2. Wash them thoroughly, put them in a saucepan, cover with cold water, bring to the boil and skim.
3. Peel the carrots and onions, add them to the beans along with the bacon trimmings and a little salt and simmer until tender.
4. Remove the bacon trimmings, carrots and onions, strain the beans and serve in a heated dish.

59. BUTTER BEANS IN PARSLEY SAUCE

10 PORTIONS

Ingredients

Butter beans	400 g
Bacon trimmings	25 g
<u>Parsley sauce</u>	250 ml
Carrots	50 g
Onions	50 g
Salt	

Method

1. Soak the beans overnight in cold water.
2. Wash them thoroughly, put them in a saucepan, cover with cold water, bring to the boil and skim.
3. Peel the carrots and onions, add them to the beans along with the bacon trimmings and a little salt and simmer until tender.
4. Remove the bacon trimmings, carrots and onions, strain the beans add the parsley sauce bring to the boil and serve in a heated vegetable dish.

60. BOILED HARICOT BEANS 10 PORTIONS

Ingredients

Haricot beans	400 g
Carrots	50 g
Onions	50 g
Bacon trimmings	25 g
Salt	

Method

1. Soak the beans overnight in cold water.
2. Wash them thoroughly, put them in a saucepan, cover with cold water, bring to the boil and skim.
3. Peel the carrots and onions, add them to the beans along with the bacon trimmings and a little salt and simmer until tender.
4. Remove the bacon trimmings, carrots and onions, strain the beans and serve in a heated vegetable dish.

61. MARROWFAT PEAS 10 PORTIONS

Ingredients

Dried peas	400 g
Cooking tablet (green)	1
Soaking tablet (white)	1
Salt	
Pepper	

Method

1. Soak the peas overnight in cold water with the soaking tablet.
2. Drain and wash them thoroughly.
3. Place the peas into a saucepan with cold salted water and the cooking tablet.
4. Bring to the boil, skim and simmer for about 1½ hours until cooked.
5. Drain the peas in a colander and serve them in a heated vegetable dish.

62. PEAS PUDDING 10 PORTIONS

Ingredients

Yellow split peas	400 g
Carrots	50 g
Bouquet garni	1 small
Margarine	25 g
Onions	50 g
Bacon bones	50 g
Salt	
Pepper	

Method

1. Soak the split peas overnight in cold water.
2. Wash them thoroughly, put them in a saucepan, cover with cold water, bring to the boil and skim.
3. Peel the carrots and onions, add them to the split peas along with the bacon bones and a little salt and simmer until tender.
4. Remove the carrots, onion and bacon bones and strain the peas keeping the liquor.
5. Pass the peas through a sieve and return them to a saucepan.
6. Add margarine and pepper, adjust the seasoning and mix in sufficient liquor to make a mashed potato consistency.

ROOTS

63. BOILED BEETROOT 10 PORTIONS

Ingredients

Beetroot	1.2 kg
White sauce	500 ml
Salt	

Method

1. Twist off the stalks about 3 cm above the roots. Wash thoroughly being careful not to pierce the skin or the beetroot will bleed and lose colour.
2. Place the beetroot in a saucepan, cover them with cold water, add the salt bring to the boil and cook for 1½ hours until tender.
3. Remove the skins under cold running water.
4. Cut the flesh into dice or small batons, bind with white sauce and serve immediately in a heated vegetable dish.

Notes:

1. Beetroot can also be cooked by steaming or baking in the oven.
2. To test if the beetroot is cooked, rub the skin gently, if it comes away easily it is cooked.
3. For use in salads allow the beetroot to cool in the water. Cut it into dice, batons or slices and cover with vinegar. A variety of commercially produced dressings is also available.

64. BATON CARROTS 10 PORTIONS

Ingredients

Carrots	1.2 kg
Parsley (chopped)	
Salt	

Method

1. Wash and peel the carrots and cut them into batons.
2. Place them in a saucepan cover them with cold water, add salt, bring to the boil and skim.
3. Cover with a lid and simmer until tender.
4. Strain thoroughly and serve decorated with chopped parsley.

65. CREAMED CARROTS 10 PORTIONS

Ingredients

Carrots	1.2 kg
White sauce	250 ml
Parsley (chopped)	
Salt	

Method

1. Wash and peel the carrots and cut them into batons.
2. Place them in a saucepan cover them with cold water, add salt, bring to the boil and skim.
3. Cover with a lid and simmer until tender then drain thoroughly.
4. Boil the white sauce and adjust the seasoning.
5. Mix the sauce with the cooked carrots and serve decorated with chopped parsley in a heated vegetable dish.

66. GLAZED CARROTS

10 PORTIONS

Ingredients

Carrots	1.2 kg
Margarine	40 g
Sugar	15 g
Parsley (chopped)	
Salt	

Method

1. Wash and peel the carrots cut them into batons or turn them olive shape.
2. Place them in a saucepan, add the margarine, salt and sugar and half cover them with cold water.
3. Bring to the boil, cover with a lid and cook slowly. When almost cooked remove the lid and allow the liquor to evaporate until only a glaze remains.
4. Serve decorated with parsley.

67. PUREE OF CARROT

10 PORTIONS

Ingredients

Carrots	1.2 kg
White sauce	200 ml
Sugar	15 g
Salt	

Method

1. Wash and peel the carrots and cut them into even sized pieces.
2. Place them in a saucepan and cover with cold water, add the salt and sugar, bring to the boil and skim.
3. Cover with a lid and simmer until tender then strain off the water and pass the carrots through a sieve.
4. Boil the white sauce and adjust the seasoning.
5. Mix the sauce with the sieved carrot and serve in a heated vegetable dish.

68. VICHY CARROTS

10 PORTIONS

Ingredients

Carrots	1.2 kg
Sugar	15 g
Margarine	50 g
Parsley (chopped)	
Salt	

Method

1. Wash and peel medium sized carrots and cut them across into 3 mm thickness.
2. Place them in a saucepan, add the margarine, salt, sugar and half cover them with cold water, bring to the boil and skim.
3. Cover with a lid and cook slowly. When almost cooked remove the lid and allow the liquor to evaporate until only a glaze remains.
4. Serve, decorated with chopped parsley in a heated vegetable dish.

69. BUTTERED MIXED VEGETABLES

10 PORTIONS

Ingredients

Carrots	600 g
Turnips	400 g
Sugar	10 g
Peas	200 g
Margarine	50 g
Salt	

Method

1. Wash and peel the carrots and turnips and cut them into batons.
2. Place them in a saucepan, barely cover them with water, add the salt, sugar and margarine, bring to the boil, cover with a lid and cook until tender.
3. Cook the peas in boiling salted water until tender.
4. When cooked, drain the peas, add them to the carrots and turnips, mix thoroughly and serve in a heated vegetable dish.

70. BOILED PARSNIPS

10 PORTIONS

Ingredients

Parsnips	1.4 kg
Salt	
Parsley (chopped)	

Method

1. Wash and peel the parsnips and cut them into batons.
2. Place them in a saucepan add salt, bring them to the boil and skim.
3. Cover them with a lid and simmer until tender.
4. Strain, decorate with parsley and serve in a heated vegetable dish.

Note: Parsnips may be served with white or parsley sauces.

71. ROASTED PARSNIPS

10 PORTIONS

Ingredients

Parsnips	1.4 kg
Oil	100 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Wash and peel the parsnips, cut them lengthways into halves or quarters depending on size.
2. Place them in a saucepan, cover them with water, bring to the boil and then simmer for 5 minutes.
3. Heat the oil in a frying pan and lightly colour the parsnips then place them in a baking tray, add a little salt and then roast in a moderate oven for 1 hour.
4. Drain off any surplus oil and serve decorated with parsley.

72. BOILED SWEDE

10 PORTIONS

Ingredients

Swedes	1.5 kg
Parsley (chopped)	
Salt	

Method

1. Peel the swedes with a knife ensuring the hard fibres beneath the skin are removed.
2. Cut the swedes into batons, wash them in cold water, place them in a saucepan cover with cold water.
3. Bring to the boil, add salt, cover with a lid and simmer until tender.
4. Drain thoroughly and serve in a heated vegetable dish.

73. PUREE OF SWEDES

10 PORTIONS

Ingredients

Swede	1.5 kg
Butter or margarine	100 g

Salt
Pepper
Parsley (chopped)

Method

1. Peel the swedes with a knife ensuring that the hard fibres beneath the skin are removed.
2. Cut the swedes into batons wash them in cold water, place them in a saucepan and cover with cold water.
3. Bring to the boil, add salt, cover with a lid and simmer until tender.
4. Drain thoroughly, pass them through a sieve and serve, garnished with parsley in a heated vegetable dish.

74. BOILED TURNIPS

10 PORTIONS

Ingredients

Turnips 1.2 kg
Salt
Parsley (chopped)

Method

1. Peel the turnips with a knife ensuring that the hard fibres beneath the skin are removed.
2. Cut the turnips into batons, wash them in cold water place in a saucepan and cover with cold water.
3. Bring to the boil, add salt, cover with a lid and simmer until tender.
4. Drain thoroughly and serve, garnished with parsley, in a heated vegetable dish.

75. GLAZED TURNIPS

10 PORTIONS

Ingredients

Turnips 1.2 kg
Margarine 40 g
Sugar 15 g
Parsley (chopped)
Salt

Method

1. Peel the turnips with a knife ensuring that the hard fibres beneath the skin are removed.
2. Cut the turnips into batons wash in cold water, place them in a saucepan, add margarine, salt and sugar and half cover with water.
3. Bring to the boil, cover with a lid and simmer. When almost cooked remove the lid and allow the liquor to evaporate until only a glaze remains.
4. Serve, garnished with parsley, in a heated vegetable dish.

TUBERS

76. JERUSALEM ARTICHOKE

10 PORTIONS

Ingredients

Jerusalem artichokes 1.6 kg
Blanc 2 ltr
White sauce 500 ml
Salt

Method

1. Scrub the artichokes thoroughly. Peel the skins removing only a very thin layer.
2. Bring the blanc to the boil, put in the artichokes and simmer for 20 minutes or until tender.
3. Remove them from the blanc, allow them to drain and then place them in the white sauce.
4. Bring to the boil, adjust the seasoning and serve in a heated vegetable dish.

UNCLASSIFIED

77. CORN ON THE COB

10 PORTIONS

Ingredients

Corn cobs 10
Butter 150 g

Method

1. Remove the outside leaves and the silky fibres.
2. Cook in boiling water for between 4 and 6 minutes until the grain is soft.
3. Remove from the water and drain thoroughly.
4. Place a cocktail stick in each end and serve with melted butter.

Note: Choose cobs with a pale green husk. Once they turn gold some of the sweetness goes and the corn becomes tougher.

PART 2 - KITCHEN

CHAPTER TWENTY FIVE

Salads

COMPOUND	SIMPLE
1. Celery and apple	17. Avocado
2. Coleslaw	18. Beetroot
3. Florida	19. Capsicum
4. Japonaise	20. Celeric
5. Meat	21. Celery
6. Mimosa	22. Cucumber
7. Nicoise	23. Endive
8. Pasta	24. French salad
9. Potato and apple	26. Green salad
10. Potato and celery	27. Mixed salad
11. Rice	28. Orange
12. Russian	29. Potato
13. Three bean	30. Tomato
14. Tomato and cucumber	
15. Vegetable	
16. Waldorf	

COMPOUND

1. CELERY AND APPLE SALAD
10 PORTIONS*Ingredients*

Celery	400 g
Lettuce	1
Apples	400 g
Lemons	2
Cream	125 ml
Salt	
Parsley (chopped)	
Pepper	
Sugar	

Method

1. Wash, scrub, trim and rewash the celery.
2. Peel and core the apples.
3. Cut the celery and the apples into 5mm dice and mix together in a bowl with the juice of the lemons.
4. Trim and wash the lettuce and arrange the leaves in salad bowls.
5. Bind the celery and apples with the cream, season and place the mixture in salad bowls. Serve decorated with the chopped parsley.

2. COLESLAW
10 PORTIONS*Ingredients*

White cabbage	800 g
Carrots	100 g
Onions	50 g
<u>Mayonnaise</u>	125 ml

Method

1. Wash and trim the cabbage and remove the thick stalk.
2. Shred the cabbage, rewash and drain thoroughly.
3. Grate the carrots and shred the onions.
4. Mix all the ingredients together and season.
5. Bind with mayonnaise. Serve in a salad bowl.

3. FLORIDA SALAD
8 PORTIONS*Ingredients*

Pineapple	1 medium
Grapefruit	4
Banana	4
Banana	4
<u>Mayonnaise</u>	200 ml
Lettuce	2

Method

1. Peel the grapefruit and remove all the white skin, cut the flesh into segments and remove any seeds.
 2. Peel the pineapple and cut the flesh into 10 mm dice.
 3. Peel the bananas and cut into 5 mm thick slices.
 4. Trim and wash the lettuce and arrange the leaves in salad bowls. Cut the hearts into quarters.
 5. Bind the grapefruit segments, pineapple cubes and banana slices with the mayonnaise and place in the centre of the salad using the hearts as decoration.
4. JAPONAISE SALAD
8 PORTIONS

Ingredients

Tomatoes	500 g
Fresh pineapple	300 g
Lemon	1
Orange	1

Cream	125 ml
Lettuce	2
Salt	
Pepper	
Sugar	

Method

1. Blanch the tomatoes. Remove the skins and cut the flesh into 10 mm dice. Marinade with the orange juice, salt, pepper and sugar.
2. Cut the pineapple into 10 mm dice and marinade with the juice of the lemon. Wash and trim the lettuce. Remove the outer leaves and arrange them around the salad bowls.
3. Cut the hearts into quarters and arrange these neatly around the centre of the bowls. Drain the tomato and pineapple. Bind with cream and place in the centre of the bowls.

5. MEAT SALAD
10 PORTIONS*Ingredients*

Cooked chicken, beef, ham, tongue	500 g
Red peppers	200 g
Onions	25 g
Eggs	4
Gherkins	75 g
<u>Vinaigrette</u>	125 ml
Lettuce	1
Salt	
Pepper	
Garlic	
Parsley (chopped)	

Method

1. Peel and chop the garlic.
2. Cut the meat into 25 mm strips.
3. Blanch the peppers and remove the skin and seeds and cut the flesh into 25 mm strips.
4. Peel the onions and cut the flesh into fine strips, blanch, dice, then refresh and dry them.
5. Hard boil the eggs. Cool under cold water, remove the shell and cut the white into 25 mm strips.
6. Cut 50 g of gherkins into 25 mm strips, cut the remainder into fans.
7. Wash and trim the lettuce and arrange it around the salad bowls.
8. Mix together carefully, the meat, peppers, egg white, onion and gherkin, season and moisten with vinaigrette.
9. Place in the centre of the salad bowls, decorate with the fans of gherkin and the chopped parsley.

Notes:

1. The meat content can be made up from any combination of the meats given in the recipe.
2. Chives may be used in place of onion.

6. MIMOSA SALAD
12 PORTIONS*Ingredients*

Lettuce	3
Oranges	3
Bananas	3
Grapes (seedless)	100 g
Cream	125 ml
Lemon	1

Method

1. Trim the lettuce, wash and drain thoroughly, separate the hearts from the outer leaves.

2. Peel the oranges and remove all the white skin, cut into segments and remove any seeds.
3. Peel the grapes.
4. Arrange the leaves of lettuce in the salad bowl.
5. Cut the lettuce hearts into quarters.
6. Peel and slice the bananas.
7. Acidulate the cream with the juice of the lemon then mix it with the fruit and put the mixture into the salad bowls.
8. Arrange the lettuce hearts in the centre as decoration.

Note: To prepare acidulated cream, gently stir the lemon juice into the cream immediately prior to service. Season with salt and pepper.

7. NICOISE SALAD 10 PORTIONS

Ingredients

Tomatoes	250 g
French beans (cooked)	500 g
Potatoes (cooked)	250 g
<u>Vinaigrette</u>	25 ml
Anchovy fillets	25 g
Capers	10 g
Stoned olives	25 g
Salt	
Pepper	

Method

1. Blanch the tomatoes, remove the skins and seeds and cut the flesh into neat segments.
2. Cut the potatoes into 10 mm dice.
3. Place the beans, tomato and potatoes neatly in a salad bowl.
4. Season with salt and pepper. Add the vinaigrette.
5. Decorate with anchovies, capers and olives.

8. PASTA SALAD 10 PORTIONS

Ingredients

Pasta shells	400 g
Salami	150 g
Tomatoes	100 g
Broad beans	1 kg
<u>Mayonnaise</u>	200 ml
Limes	2
Chives	10 g
Salt	

Method

1. Cook the pasta until tender but just firm to the bite (al dente). Drain and refresh.
2. Cut the salami into 5 mm dice. Chop the chives.
3. Blanch the tomatoes and remove the skins and seeds. Cut the flesh into small dice.
4. Shell the broad beans and cook in boiling salted water for 5 minutes. Refresh and drain.
5. Place the pasta shells, salami, tomato and broad beans in a bowl and moisten with the vinaigrette.
6. Remove the zest from the lime, squeeze the juice and mix together with the mayonnaise.
7. Mix the pasta, salami, tomato and the broad beans with the mayonnaise.
8. Serve in a salad bowl, decorated with the chopped chives.

Notes:

1. Pasta bows, twists or whirls are also suitable for this dish.
2. If limes are not available, lemons can be substituted but use half the quantity.

3. Frozen broad beans can be used in place of fresh, allow 50 g per portion.

9. POTATO AND APPLE SALAD 10 PORTIONS

Ingredients

Potatoes	800 g
<u>Vinaigrette</u>	125 ml
Apples	200 g
Onions	50 g
Parsley (chopped)	5 g
Salt	
Pepper	

Method

1. Boil the potatoes in their jackets.
2. Peel and cut the potatoes into 10 mm dice while still warm and mix with half the vinaigrette.
3. Peel and core the apples and cut them into 10 mm dice.
4. Peel the onions and cut the flesh into dice.
5. When the potatoes are cold mix all the ingredients together and adjust the seasoning with salt, pepper and vinaigrette.
6. Serve in salad bowls and decorate with chopped parsley.

10. POTATO AND CELERY SALAD 10 PORTIONS

Ingredients

Potatoes	800 g
Celery	200 g
Onions	50 g
<u>Vinaigrette</u>	125 ml
Parsley (chopped)	
Salt	
Pepper	

Method

1. Wash and trim the celery and cut the stalks into 10 mm dice.
2. Boil the potatoes in their jackets.
3. Peel and cut the potatoes into 10 mm dice while still hot and mix with half the vinaigrette.
4. Peel the onions and cut the flesh into fine dice.
5. When the potatoes are cold mix all the ingredients together and adjust the seasoning with salt, pepper and vinaigrette.
6. Serve in salad bowls and decorate with the chopped parsley.

11. RICE SALAD 10 PORTIONS

Ingredients

Tomatoes	250 g
Boiled patna rice	250 g
Peas	100 g
<u>Vinaigrette</u>	25 ml
Salt	
Pepper	

Method

1. Shell the peas and cook them in boiling salted water, drain and refresh.
2. Blanch the tomatoes and remove the skins and seeds. Cut the flesh into 5 mm dice.
3. Mix the tomatoes with the rice and peas.
4. Add the vinaigrette and adjust the seasoning.

5. Serve in salad bowls.

12. RUSSIAN SALAD 10 PORTIONS

Ingredients

Carrots	100 g
French beans	100 g
Capers	25 g
Mushrooms	50 g
Lemon	1
Anchovy fillets	50 g
Lettuce	1
Tomatoes	100 g
Peas	100 g
Gherkins	50 g
Lean Ham	50 g
Turnips	20 g
<u>Mayonnaise</u>	125 ml
Vinegar	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Peel the carrots and turnips and cut them into small dice or batons.
2. Trim the beans and cut into diamond shapes.
3. Shell the peas.
4. Cook the mushrooms in a little water with salt and lemon juice and allow to cool in the liquor.
5. Cook the green and root vegetables separately in boiling salted water.
6. Drain and refresh the green vegetables.
7. Drain the root vegetables and whilst still hot season with vinegar.
8. Blanch and peel the tomatoes, remove the seeds and cut the flesh into small dice.
9. Cut the mushrooms and ham into small dice or batons.
10. When the root vegetables are cold mix them with the green vegetables, ham, tomatoes and mushrooms add seasoning and bind with mayonnaise.
11. Place the salad into a bowl and garnish with a trellis of anchovy fillets, capers, fans of gherkins and small sections of lettuce hearts.
12. Serve decorated with the chopped parsley.

13. THREE BEAN SALAD 10 PORTIONS

Ingredients

Red kidney, black eyed and haricot beans	500 g
<u>Vinaigrette</u>	25 ml
Onion	25 g
Parsley (chopped)	

Method

1. Cook the beans and allow to cool.
2. Peel the onions, cut the flesh into fine dice and mix with the vinaigrette.
3. Arrange in a salad bowl and decorate with the chopped parsley before serving.

Notes:

1. Chick peas and green beans can be used in place of haricot beans and black-eyed beans.
2. Pulses need to be soaked, preferably overnight, before cooking.

14. TOMATO AND CUCUMBER SALAD 10 PORTIONS

Ingredients

Tomatoes	400 g

Cucumber	1
<u>Vinaigrette</u>	75 ml
Parsley (chopped)	

Method

1. Blanch the tomatoes, remove the seeds and the skins cut the flesh into thin slices.
2. Peel and slice the cucumber.
3. Arrange alternate slices of each in a salad bowl.
4. Moisten with vinaigrette and decorate with the chopped parsley.

15. VEGETABLE SALAD 10 PORTIONS

Ingredients

Carrots	250 g
Turnip	100 g
French beans	100 g
Peas	100 g
<u>Vinaigrette</u>	25 ml
<u>Mayonnaise</u>	100 ml
Salt	
Pepper	

Method

1. Peel and wash the carrots and turnips and cut them into 5 mm dice or into batons. Cook separately in salted water and refresh.
2. Trim the beans, cut them into 5 mm dice, cook and refresh.
3. Ensure all the vegetables are well drained, mix them together with a little vinaigrette and then bind with mayonnaise. Arrange the salad neatly in bowls for service.

16. WALDORF SALAD 10 PORTIONS

Ingredients

Celery	500 g
Russet apples	500 g
Shelled walnuts	50 g
Lemon	1
Lemon	1
<u>Mayonnaise</u>	125 ml
Lettuce	2

Method

1. Scrub and trim the celery and cut it into 5 mm dice. Peel the apples and cut them into 5 mm dice. Marinade both in lemon juice and then bind with mayonnaise.
2. Peel the walnuts and soak them in cold water for 15 mins.
3. The salad may be served individually on lettuce leaves garnished with walnuts or in lettuce lined salad bowls, garnished with walnuts.

Note: The peeled walnuts can be added to the celery and apples and mixed together.

SIMPLE SALADS

17. AVOCADO SALAD 10 PORTIONS

Ingredients

Lettuce	2
Avocado pears	5
Lemons	2
<u>Vinaigrette</u>	100 ml
Salt	
Pepper	

Method

1. Trim, wash, dry and shred the lettuce.
2. Cut the avocados in half lengthways. Remove the kernel and skin.
3. Slice the flesh and sprinkle it with lemon juice.
4. Arrange the lettuce in salad bowls and place the sliced avocados on top.
5. Season with salt and pepper and serve vinaigrette separately.

18. BEETROOT SALAD
10 PORTIONS

Ingredients

Beetroot	600 g
Onions	50 g
Parsley (chopped)	

Method

1. Peel the onions and cut them across into slices. Separate the slices into rings. Twist off the stalks of the beetroot about 5 mm above the roots. Wash thoroughly taking care not to pierce the skin or the beetroot will bleed and lose colour.
2. Place in a saucepan, cover with cold water bring to the boil and simmer until tender for about 1½ hours.
3. Allow to go cold in the water then remove the skins.
4. Slice the beetroot put it in a bowl and cover it with vinegar.
5. Allow to stand for 4 hours then drain off the vinegar.
6. Arrange the beetroot in salad bowls in alternate layers with the onion rings.
7. Garnish the top with small onion rings and decorate with the chopped parsley before serving.

19. CAPSICUM SALAD
10 PORTIONS

Ingredients

Capsicums	600 g
Vinaigrette	75 ml
Parsley (chopped)	5 g
Onion	25 g
Garlic	
Salt	
Pepper	

Method

1. Cut the capsicums in half lengthways.
2. Remove the seeds and core.
3. Cut the flesh into thin slices.
4. Peel the onions and cut the flesh into fine dice.
5. Peel and chop the garlic. Mix all the ingredients together, add the vinaigrette and serve in salad bowls decorated with the chopped parsley.

20. CELERIAC SALAD (RAW)
10 PORTIONS

Ingredients

Celeriac	800 g
Mayonnaise	125 ml
Lemon	1
English mustard	
Parsley (chopped)	
Salt	
Pepper	

Method

1. Mix a little English mustard with the mayonnaise.
2. Wash and peel the celeriac, cut it into julienne, and mix with lemon juice.
3. Season the celeriac and bind with the mayonnaise.

4. Serve in a salad bowl and decorate with the chopped parsley.

21. CELERY SALAD
10 PORTIONS

Ingredients

Celery	800 g
Lettuce	1
Mayonnaise	250 ml
Parsley (chopped)	

Method

1. Scrub and trim the celery and cut the stalks into 4 cm long batons.
2. Bind with the mayonnaise.
3. Trim, wash and dry the lettuce.
4. Line the salad bowls with lettuce leaves and place the celery in the centre.
5. Serve decorated with chopped parsley.

22. CUCUMBER SALAD
10 PORTIONS

Ingredients

Cucumber	400 g
Vinaigrette	75 ml

Method

1. Wash and peel the cucumber and cut it into thin slices.
2. Arrange the slices neatly in salad bowls and moisten them with vinaigrette

23. ENDIVE SALAD
10 PORTIONS

Ingredients

Belgium endives	800 g
French mustard	10 g
Vinaigrette	75 ml
Onions	25 g
Parsley (chopped)	
Garlic	1 clove
Salt	
Pepper	

Method

1. Peel the onions and cut the flesh into fine dice.
2. Peel and chop the garlic.
3. Trim the endives, cut them into 30 mm lengths, wash and dry thoroughly.
4. Mix together with the onions and garlic.
5. Dilute the French mustard with the vinaigrette, pour it over the salad and mix in thoroughly.
6. Serve in salad bowls and decorate with chopped parsley.

24. FRENCH SALAD
10 PORTIONS

Ingredients

Lettuce	1
Cucumber	125 g
Tomatoes	400 g
Vinaigrette	125 ml
Eggs	3

Method

1. Trim and wash the lettuce.
2. Blanch and peel the tomatoes and cut them into quarters.
3. Hard boil the eggs, refresh and cool them thoroughly remove the shells and cut the eggs lengthways into quarters.

4. Peel and slice the cucumber.
5. Dry the lettuce and cut them into quarters. Arrange in salad bowls.
6. Decorate neatly with the other ingredients.
7. Serve the vinaigrette separately.

25. FRENCH BEAN SALAD 12 PORTIONS

Ingredients

French beans	500 g
Onion	25 g
<u>Vinaigrette</u>	50 ml
Salt	

Method

1. Trim the beans and wash them thoroughly. Cut them into 25 mm lengths.
2. Cook in boiling salted water drain and refresh.
3. Peel the onions and cut the flesh into fine dice then mix with the beans.
4. Add vinaigrette and serve in salad bowls.

26. GREEN SALAD 12 PORTIONS

Ingredients

Lettuce	3
<u>Vinaigrette</u>	125 ml

Method

1. Trim and wash the lettuce. Remove and dry all the outer leaves and arrange them neatly around the salad bowls.
2. Cut the hearts into quarters and put these in the centre of each bowl.
3. Serve vinaigrette separately.

Note: Green salad can also be prepared with cos lettuce, curled endive, or watercress or any combination of these.

27. MIXED SALAD 12 PORTIONS

Ingredients

Lettuce	3
Cucumber	100 g
Tomato	200 g
Watercress	1 bunch
Spring onion	6
Radish	6
Celery	100 g
<u>Vinaigrette</u>	125 ml

Method

1. Trim and wash the lettuce.
2. Blanch and peel the tomatoes and cut them into quarters.
3. Peel and slice the cucumber.
4. Trim and remove the root and loose leaves from the spring onions, cut in half lengthways.
5. Trim and wash the radishes and cut them into halves.
6. Scrub the celery and cut it into batons.
7. Remove any discoloured leaves from the watercress, trim the stalks, wash it in cold water and shake it dry.
8. Dry the lettuces and cut them into quarters. Arrange in salad bowls.
9. Decorate neatly with the other ingredients.
10. Serve the vinaigrette separately.

28. ORANGE SALAD

10 PORTIONS

Ingredients

Oranges	10
Lettuce	1

Method

1. Remove the zest from 5 of the oranges and cut it into fine julienne, blanch and refresh.
2. Remove all the peel and pith from the oranges, cut them into segments and remove only seeds.
3. Wash and trim the lettuce and arrange it neatly in a salad bowl.
4. Place the orange segments in the centre of the lettuce and garnish with the zest.

Notes:

1. An acidulated cream dressing may be served separately.
2. Usually served as a side salad with roast duck dishes.

29. POTATO SALAD 10 PORTIONS

Ingredients

Potatoes	1 kg
<u>Mayonnaise</u>	250 ml
Onions	50 g
Parsley (chopped)	
<u>Vinaigrette</u>	125 ml
Salt	
Pepper	

Method

1. Peel the onions and cut the flesh into fine dice.
2. Scrub the potatoes and boil them in their jackets until tender then peel them while still warm and cut them into 15 mm dice.
3. Place the potato in a bowl add the vinaigrette and diced onion and marinade for 1 hour.
4. Fold in the mayonnaise and serve in salad bowls. Decorate with parsley.

Note: Chopped chives may be used in place of onions.

30. TOMATO SALAD 10 PORTIONS

Ingredients

Tomatoes	1 kg
<u>Vinaigrette</u>	75 ml
Onions	50 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Core, blanch, refresh and skin the tomatoes.
2. Peel the onions and cut the flesh into fine dice.
3. Slice the tomatoes and arrange them in salad bowls.
4. Sprinkle with chopped onion.
5. Moisten with vinaigrette and allow to stand for 30 minutes.
6. Garnish with parsley before serving.

PART 3 - PASTRY

CHAPTER TWENTY SIX

Bases and Preparations

BATTERS 1. Baking Powder 2. Egg white 3. Pancake 4. Yeast FILLINGS 5. Almond 6. Butter cream (cold) 7. Butter cream (hot) 8. Fruit puree 9. Pastry cream 10. Whipped cream (chantilly) GLAZES 11. Apricot 12. Arrowroot 13. Bun 14. Cornflour 15. Gum arabic glaze ICINGS 16. Almond paste 17. Pastillage 18. Petal paste 19. Petal paste (using a mixer) 20. Rolled on paste 21. Royal icing 22. Water icing 23. Fondant icing	JELLIES 24. Lemon 25. Fruit 26. Wine MERINGUE 27. Basic 28. Italian PASTE 29. Choux 30. Flaky (rough) 31. Flan 32. Hot water 33. Puff 34. Raised pie 35. Short 36. Suet 37. Sweet SPONGE 38. Genoese UNCLASSIFIED 39. Ganache 40. Praline 41. Stock syrup 42. Savarin syrup

BATTERS**1. BAKING POWDER BATTER**
1 LITRE*Ingredients*

Flour	500 g
Water	625 ml
Salt	pinch
Baking Powder	15 g
Yellow colouring	

Method

1. Sieve the flour salt and baking powder together in a basin.
2. Make a bay, add half of the liquid and mix thoroughly.
3. Gradually add the remainder of the liquid and adjust the colour if required.

2. EGG WHITE BATTER
1 LITRE*Ingredients*

Flour	400 g
Water	625 ml
Oil	30 ml
Salt	pinch
Eggs	2

Method

1. Sieve the flour and salt together into a basin.
2. Make a bay, add half the water and mix thoroughly. Gradually add the remainder of the water and oil.
3. Allow to stand for 15 minutes.
4. Separate the egg whites from the yolks and immediately prior to using the egg whites whisk them to a stiff peak and fold into the batter.

3. PANCAKE BATTER
1 LITRE*Ingredients*

Eggs	2
Flour	325 g
Milk	700 ml
Sugar	15 g
Salt	pinch
Yellow colouring	

Method

1. Sieve the flour and salt together into a basin, make a bay and place the sugar in the centre.
2. Break the eggs into the bay, add half the milk and mix to a smooth batter.
3. Gradually add the remainder of the milk and adjust the colour if required.
4. Allow to stand for 15 minutes before using.

4. YEAST BATTER
1 LITRE*Ingredients*

Flour	600 g
Yeast	20 g
Sugar	25 g
Milk	650 ml
Salt	
Yellow colouring	

Method

1. Sieve the flour and salt together into a basin.
2. Mix the yeast and sugar together, add the milk warmed to 32°C.
3. Allow to stand for 15 minutes then mix together with the flour and salt.
4. Use in the fully fermented bubbly condition.

FILLINGS**5. ALMOND FILLING**
1 KILOGRAM*Ingredients*

Ground almonds	300 g
Flour	75 g
Eggs	6
Margarine	300 g
Castor sugar	300 g
Almond essence	

Method

1. Sieve the almonds and flour together and put aside.
2. Break the eggs into a basin and whisk lightly.
3. Cream together the margarine and sugar.
4. Add the eggs to the margarine and sugar.
5. Blend in the sifted flour and almonds. Mix to a smooth texture.
6. Add almond essence.

6. BUTTER CREAM - COLD
1 KILOGRAM*Ingredients*

Icing sugar	450 g
Butter	450 g
Evaporated milk	125 ml
Essence	
Yellow colouring	

Method

1. Sieve the icing sugar.
2. Lightly cream the butter then gradually add the sugar beating vigorously.
3. Add the milk, colouring if required, and the essence. The butter cream should have a light texture.

7. BUTTER CREAM - HOT
1 KILOGRAM*Ingredients*

Eggs	10
Vanilla syrup (30°C)	300 ml
Butter	600 g
Essence	

Method

1. Separate the yolks from the whites.
2. Place the yolks and syrup in a bowl. Stand the bowl over a saucepan half full of hot water and heat the mixture over a low heat until it ribbons.
3. Remove from the heat and beat until cold then add the butter gradually beating vigorously.
4. Add the essence.

Note: The vanilla syrup is made of sugar and water. The density of the syrup is determined by the ratio of sugar to water. To produce sufficient for the recipe boil together 200 g sugar to 150 ml water.

8. FRUIT PUREE
1 KILOGRAM

Ingredients

Fruit	900 g
Sugar	125 g
Water	

Method

1. Prepare the fruit and sugar in a saucepan with the water and cook over a low heat until soft.
3. Pass through a sieve.

Notes:

1. The consistency of the puree depends on the liquid content of the fruit therefore it is advisable to keep the amount of water to a minimum when cooking.
2. A nylon sieve should be used; wire sieves can impart a metallic taste to the puree.
3. Fruit such as apples discolour if left exposed to the air. As these are peeled they should be placed in salted water and then immediately prior to cooking rinsed free of salt. Lemon juice may be added to preserve colour and impart flavour.

9. PASTRY CREAM

1 LITRE

Ingredients

Milk	650 ml
Flour	60 g
Sugar	200 g
Eggs	7
Vanilla essence	

Method

1. Separate the egg yolks from the whites.
2. Mix the yolks, sugar and essence in a basin with 60 ml of milk.
3. Add the flour and mix all the ingredients together.
4. Boil the remainder of the milk and stir into the mixture.
5. Return to the saucepan and bring to the boil, stirring constantly.
6. Allow to cool and use as required.

10. WHIPPED CREAM

50 MILLILITRES

Ingredients

Double cream	500 ml
Caster sugar	25 g
Vanilla essence	

Method

1. Place the cream, sugar and vanilla essence into a bowl.
2. Whisk, until the cream thickens and stands in soft peaks.
3. For a thicker consistency, whisk until the mixture stands in stiff peaks.
4. Use as an accompaniment or filling.

Note: If the cream is whisked too much it will separate and turn to butter.

GLAZES

11. APRICOT GLAZE

1 LITRE

Ingredients

Apricot jam	900 g
Sugar	125 g

Method

1. Place the jam and sugar in a saucepan. Bring to the boil stirring continuously.
2. Pass through a fine strainer and reboil.

Note: This glaze must be used at boiling point.

12. ARROWROOT GLAZE

1 LITRE

Ingredients

Fruit syrup	1 ltr
Arrowroot	25 g
Colour	
Sugar	

Method

1. Dilute the arrowroot in a little of the fruit syrup.
2. Bring the remainder of the syrup to the boil.
3. Add the arrowroot and bring back to the boil; simmer until clear.
4. Sweeten and colour as required.

13. BUN

500 MILLILITRES

Ingredients

Water	275 ml
Sugar	225 g

Method

1. Bring the water and sugar to the boil.
2. Remove the scum and brush with the glaze lightly over the finished product while it is still hot.

14. CORNFLOUR GLAZE

1 LITRE

Ingredients

Fruit syrup	1 ltr
Cornflour	25 g
Colour	
Sugar	

Method

1. Dilute the cornflour with a little of the syrup.
2. Bring the remainder of the syrup to the boil.
3. Add the cornflour, bring back to the boil and simmer for 1 minute.
4. Sweeten and colour as required.

Note: Cornflour produces an opaque product so this glaze should be used sparingly.

15. GUM ARABIC GLAZE

Ingredients

Gum arabic (acacia powder)	25 g
Sugar	250 g
Water	125 ml

Method

1. Put the water into a heatproof bowl and sprinkle the gum arabic on top.
2. Place the bowl into a saucepan of warm water and heat gently until the gum arabic solution has dissolved.
3. Strain the arabic solution through a fine sieve into a container. The solution is now ready for use.

Notes:

1. All equipment used in making gum arabic solution should first be sterilised to remove any traces of oil or dust.
2. Gum arabic solution can be used for painting on petals or calyx of sugar flowers instead of egg white. It may be mixed with concentrated liquid colourings when painting leaves and will give more body to the colour being used.
3. Rose or orange water may be used in place of plain water.

ICINGS

16. ALMOND PASTE

1 KILOGRAM

Ingredients

Ground almonds	500 g
Icing sugar	500 g
Eggs	3

Method

1. Separate the yolks from the whites.
2. Sieve together the almonds and sugar.
3. Make a bay, add the yolks and mix together to form a stiff paste.

17. PASTILLAGE 400 GRAMS

Ingredients

Icing or confectioners sugar	400 g
Gum tragacanth	10 g
Egg	1
Lemon juice or acetic acid	20 ml

Method

1. Sieve together the icing sugar and gum tragacanth.
2. Separate the white of the egg from the yolk and whisk the white in a bowl until frothy.
3. Stir in the icing sugar a little at a time beating vigorously and then add the lemon juice.
4. Store in an airtight polythene bag in a refrigerator until required for use.

Notes:**1. Rolled On or Sugar Paste**

Rolled on paste or sugar paste is used for covering cakes. It is so called because it can be rolled out and moulded over the cake. It is also sometimes known as fondant icing but should not be confused with the pouring fondant or decorating icing used for small cakes and fancy pastries. Sugar paste can be bought in ready to use blocks but is quite straight forward to make.

2. Flower or Petal Paste

Flowers are made using flower (petal) or moulding paste. This sweet paste is similar to sugar paste but slightly firmer in texture and is easier to mould. Two different recipes are given for flower or petal paste, which one is used is a matter of personal choice. Alternatively, flower or petal paste can be purchased ready to use.

18. FLOWER OR PETAL PASTE 500 GRAMS

Ingredients

Icing or confectioners sugar	500 g
Powdered gelatine	10 g
Water	60 ml
Liquid glucose	15 ml

Method

1. Sieve the icing or confectioners sugar into a bowl.
2. Put the water in a small heat proof bowl, sprinkle in the gelatine and leave it to soften for 3 minutes.
3. Stand the bowl in a saucepan of hot water and apply gentle heat, stir, until all the gelatine is dissolved.
4. Add the glucose. The liquid should be quite clear before adding it to the icing or confectioners sugar.
5. Make a bay in the centre of the sugar and stir in the gelatine mixture with a spatula to make a firm paste.
6. Put the paste in an airtight container and store in a refrigerator.
7. Leave to stand at room temperature for 4 hours before use.

19. FLOWER OR PETAL PASTE (USING A MIXER) 500 GRAMS

Ingredients

Icing or confectioners sugar	500 g
Gum tragacanth	15 g

Powdered gelatine	10 g
Water	25 ml
Liquid glucose	10 g
White vegetable fat or soya oil	10 g
Egg	1

Method

1. Sieve the icing or confectioners sugar into a bowl and mix in the gum tragacanth. Warm in the oven over a pan of hot water.
2. Separate the yolk from the white. Discard the yolk.
3. Put all the other ingredients, except the egg white into a bowl over a pan of hot water and heat until liquid.
4. Remove the sugar from the oven and pour the liquid into the warm sugar.
5. Warm the mixer beater. Transfer the sugar mixture to the bowl.
6. With the mixer on its lowest speed pour in the egg white and beat the mixture until it begins to cool; as it thickens it will come away from the side of the bowl in strings.
7. Store the paste in an airtight polythene bag in a refrigerator. Leave for 24 hours before using.

20. ROLLED ON PASTE (SUGARPASTE) 1 KILOGRAM

Ingredients

Icing or Confectioners Sugar	900 g
Powdered Gelatine	25 g
Glycerine	15 ml
Liquid Glucose	15 ml
Water	50 ml
Food colouring (optional)	
Clear alcohol for brushing (Gin, Barcardi, Vodka)	

FOR DUSTING

Cornflour	100 g
Icing or confectioners sugar	100 g

Method

1. Put the water in a small heat proof bowl, sprinkle in the gelatine and leave to soften for 3 minutes.
2. Stand the bowl in a saucepan of hot water and heat gently, stirring until all the gelatine is dissolved.
3. Add the glycerine and glucose.
4. Sieve the icing or confectioners sugar into a bowl. Make a bay in the centre of the sugar and pour in the gelatine mixture. Mix together then knead until the paste is soft.
5. If using food colouring add at this stage.
6. If applying to a marzipanned cake, brush the marzipan with a clear alcohol.
7. Sieve some icing or confectioners sugar onto a work surface and roll out the sugarpaste. Cover the cake in the same manner as for marzipan.
8. When the sugarpaste is formed over the cake, dust the hands with cornflour and rotate the palm of the hand on the top of the cake to smooth the paste and expel any air.
9. Gently smooth the sides to shape of the cake.
10. Trim the paste at the base of the cake, remove any creases, tiny holes or blemishes.

21. ROYAL ICING 400 GRAMS

Ingredients

Icing or confectioners sugar	400 g
Lemon juice or acetic acid	40 ml
Eggs	2

Method

1. Separate the yolks of the egg from the whites and put the egg whites into a bowl.
2. Lightly whisk the egg whites to a froth then gradually add the sugar beating vigorously.
3. Add the lemon juice and beat until the icing forms soft peaks. Cover with a damp cloth and leave for 2 hours.

22. WATER ICING 1 LITRE

Ingredients

Icing sugar	1 kg
Water	150 ml
Essence and colouring	

Method

1. Sieve the icing sugar and heat the water to boiling point.
2. Remove from the heat and whisk in the icing sugar to form a smooth icing.
3. Colour and flavour as required.

23. FONDANT ICING

Ingredients

Sugar	800 g
Glucose	100 g
Water	250 ml

Method

1. Put the sugar and water into a saucepan and bring to the boil.
2. Remove the scum from the surface, add the glucose and cook to a soft ball texture, 120°C.
3. Remove from the stove and pour onto a wet marble or stainless steel surface. Allow to cool.
4. Stir the mixture with a spatula until it becomes white and set. Cover with a damp cloth.
5. After 15 mins rework the mixture until it becomes soft and smooth. Store it in a sealed glass container until required.
6. To reheat: place it in a pan and warm to blood heat in a bath of water.
7. Adjust the consistency with a little stock syrup. Colour and flavour as desired.

FONDANT

1. Fondant is made by agitating a sugar solution which has been boiled to 115°C. This action creates millions of tiny sugar crystals which thicken the syrup crystals to form an icing which is brilliant white, caused by the light reflecting properties of the crystals. The smaller the crystals are the more light is reflected which in turn gives the fondant a greater shine or gloss. Fondant may be made by hand but the end product is never as white, smooth or glossy as the commercially produced item.

2. Fondant icing should be set with a pleasant gloss or shine and to bring it to the correct condition for coating requires great care and attention. To achieve this it is important that at no stage should the fondant be overheated. Overheating will cause the tiny crystals to grow in size and so reduce the light reflecting properties which, in turn, will give a dull appearance to the finished product. For best results the following points should be considered.

- a. Always use fondant icing when it is at its freshest.

- b. Break the icing into small pieces for warming.
- c. Apply gentle heat only, not above 38°C or the gloss will be lost.
- d. Adding a little stock syrup at 38°C will bring the icing to the required consistency, help preserve the shine and increase the yield of the icing.
- e. The consistency required depends upon the eventual use, the warmer the icing the thinner the consistency the cooler the icing the thicker the consistency. As a guide, the larger the area to be covered the thicker the icing needs to be.
- f. The area of the cake or sponge to be covered must be prepared or sealed with boiling apricot glaze or coated in another medium such as marzipan. Unless this preparation is done the moisture content in the icing will be drawn into the surface of the cake or sponge and this will result in loss of gloss or shine.

3. A number of ingredients may be added to fondant icing to improve its flavour, give it a range of different colours and also improve its gloss.

4. To improve the flavour the following may be added:

- a. Unsweetened chocolate couverture. This is melted and added up to 165 g per kg. Additional chocolate food colouring may be necessary to darken the icing.
- b. Instant coffee up to 15 g per 500 g.
- c. Fruit juice extracts, essences, essential oils, fruit concentrates, combiennes (combined colours and flavours), coffee and chocolate concentrates. Fruit juice may be used in place of stock syrup to adjust the icing sugar at the initial preparation stage to achieve a particular good product.
- d. Evaporated milk added in place of stock syrup will impart a creamy consistency and taste.

5. To improve the gloss of the icing the following may be added:

- a. Gelatine, up to 70 g per kg of icing.
- b. Egg white, up to 70 g per kg of icing.
- c. Piping jelly, up to 140 g per kg of icing.

The addition of these items will affect the consistency and this must be taken into account when stock syrup is added.

JELLIES

24. LEMON JELLY 1.5 LITRES

Ingredients

Water	1.5 ltr
Sugar	250 g
Gelatine	110 g
Lemons	3
Cinnamon stick	3 cm

Coriander seeds	6
Eggs	3

Method

1. Separate the egg whites from the yolks.
2. Cut the lemons into halves and place these and the other ingredients into a saucepan.
3. Bring slowly to the boil, stirring frequently.
4. Remove from the heat, cover the saucepan with a lid and allow the mixture to infuse for 20 mins.
5. Strain through a jelly bag and use as required.

Note: For orange jelly; reduce the lemons to one and add 2 oranges, proceed as for lemon jelly.

25. FRUIT JELLY

1 LITRE

Ingredients

	Heavy	Light
<u>Lemon jelly</u>	750 ml	750 ml
<u>Fruit puree</u>	250 ml	375 ml

Method

1. Prepare the lemon jelly and allow it to cool but not set.
2. Prepare the fruit puree and allow it to cool.
3. Combine the jelly and the puree then place into a suitable mould or glass to set.

26. WINE JELLY

1 LITRE

Ingredients

Sugar	300 g
Gelatine	50 g
White wine	150 ml
Lemons	2
Eggs	2
Water	750 ml

Method

1. Squeeze the juice from both the lemons, grate the zest from 1½.
2. Warm the water in a saucepan and dissolve the gelatine in it. Add the sugar, lemon juice and zest, bring to the boil, remove from the heat and cover. Allow to infuse for 10 mins.
3. Separate the egg whites from the yolks.
4. Place the egg whites and wine together and whisk to a froth, whisk in the hot syrup.
5. Stir over the heat until the egg whites form a crust on the jelly, then simmer gently without stirring.
6. Cover again, remove from the heat and stand for a further 10 mins.
7. Strain through a jelly bag and use as required.

Notes:

1. If the first straining process fails to totally clear the jelly carry out the procedure a second time using a clean bag.
2. Soft fruits such as raspberries, redcurrants, strawberries, and blackberries are particularly suitable for making this jelly as they provide a rich flavour and colour.
3. For an even richer and full bodied product, champagne, rich dessert wine, Madeira, Port or Marsala can be added at the ratio of 75 ml per 250 ml of cold prepared jelly.

MERINGUE

27. BASIC MERINGUE

800 GRAMS

Ingredients

Caster sugar	400 g
Eggs	8
Lemon	1

Method

1. Separate the egg whites from the yolks, discard the yolks.
2. Place the whites into a bowl and whisk to a stiff peak.
3. Add a little lemon juice then gradually incorporate half the sugar until the meringue becomes full bodied and firm.
4. Carefully fold in the remainder of the sugar; use as required.

Notes:

1. Always use fresh eggs: stale eggs have a high degree of water in the whites and will not produce the volume required when whipped.
2. For good results it is important to ensure that all equipment used in the preparation of meringue is clean, dry and grease free.
3. When separating the egg yolks from the white no egg yolk must be allowed to remain in the white. Yolk contains fat and this can prevent the white expanding to the required volume.
4. Egg white should increase in volume seven-fold when whisked. It is high in protein (11%) which contains tiny filaments that stretch when beaten. When egg white is whisked, the protein filaments stretch and incorporate air which, in turn, gives the egg white its stiff, puffed-up appearance.
5. Correct oven temperature and conditions are most important when baking meringue. The lowest temperature possible is used to bake the meringue without colour and to thoroughly dry it out. Too high a temperature will have a two-fold effect:

- a. It will create steam and prevent the meringue from drying out resulting in a distorted product.
- b. The sugar content of the meringue may caramelize and turn the product brown. While this may be desired for certain dishes, a pure white finish to meringue is required in the majority of products. Where an oven temperature appears to be too warm, the oven door may be left slightly open during the baking process to help control the oven temperature.

6. Meringue can be piped into any desired shape using a variety of different sized star or plain tubes. Baked meringue should be thoroughly dried out before storage otherwise it will soften. Storage time is limited to about 3 days. Meringue should be made fresh and used as soon as possible.

28. ITALIAN MERINGUE

800 GRAMS

Ingredients

Eggs	8
Caster Sugar	400 g
Water	125 ml
Cream of Tartar	pinch

Method

1. Separate the egg whites from the yolks, discard the yolks.

- Place the sugar, water and cream of tartar into a heavy bottomed saucepan. Dissolve the sugar over gentle heat then bring to the boil.
- Boil the sugar syrup to the soft ball stage 120°C without stirring using a sugar thermometer.
- Whisk the egg whites until fairly stiff then pour the sugar syrup gradually in a stream into the egg whites, whisking constantly until all the syrup is absorbed by the whites.
- Continue whisking until the mixture is cold then use immediately or store in a container in a refrigerator until required.

Notes:

- The addition of cream of tartar will help to stop any crystallisation of the sugar which would affect the finished product.
- As the sugar syrup is added to the egg whites a reduction in volume will occur. Continued whisking to the cold stage will expand the mixture and restore the volume. The mixture should then be quite thick and dense and will peak well, retaining its shape without sagging.
- For meringue shapes etc, bake in a pre-heated oven 120°C to 130°C for about 1 hour until completely dried out.
- As a variation to the recipe, cocoa, instant coffee or chopped or ground nuts can be folded into the meringue before baking. Italian meringue can also be mixed with whipped or pastry cream and used as a topping for baked meringues or pastry based sweets.

PASTE
29. CHOUX PASTE
400 MILLILITRES
Ingredients

Flour	75 g
Eggs	3
Water	125 ml
Margarine	50 g

Method

- Place the water and margarine into a saucepan and bring to the boil.
- Add the flour and beat vigorously with a spatula over heat until the mixture leaves the sides of the pan clean.
- Withdraw from the stove and allow to cool.
- Mix the eggs together then add to the mixture in the saucepan in small quantities beating until the mixture is smooth.

30. FLAKY PASTE
1 KILOGRAM
Ingredients

Flour	400 g
Water	200 ml
Salt	pinch
Margarine	400 g
Lemon	1

Method

- Sieve together the flour and salt.

- Cut the margarine into 25 mm cubes and mix them thoroughly with the flour without breaking down the cubes.
- Make a bay, add the water and lemon juice and mix to a medium stiff dough.
- Press out to an oblong shape 25 mm thick.
- Cut in half, place one half on top of the other, again press out to 25 mm thickness and repeat this operation between 6 to 8 times.
- Allow to relax in a cool place for 15 mins before using.

Notes:

- This type of pastry is used primarily for covering pies and making sausage rolls.
- It is not suitable for making vol-au-vents or fancy puff pastry goods.

31. FLAN PASTE
1 KILOGRAM
Ingredients

Flour	600 g
Sugar	30 g
Margarine	300 g
Water	60 ml

Method

- Sieve the flour and then rub in the margarine to a sandy texture.
- Make a bay in the centre.
- Place in the water and sugar, dissolve the sugar and mix with the flour and margarine to a smooth paste.

Note: A richer product is obtained by substituting egg for water. Additionally, there is no need for the use of peas, beans, etc, in blind baking, and if wrapped in greaseproof paper and stored in a cool place this paste may be kept for a considerable time.

32. HOT WATER PASTE
1 KILOGRAM
Ingredients

Flour	600 g
Lard	150 g
Water	20 ml
Salt	5 g

Method

- Sieve together the flour and salt and rub in the lard to a sandy texture.
- Make a bay in the centre, add boiling water and mix thoroughly to form a smooth paste.
- The paste should be kept hot whilst in use.

33. PUFF PASTE
1 KILOGRAM
Ingredients

Flour	400 g
Water	200 ml
Salt	5 mg
Margarine	80 g
Lemon	1
Pastry margarine	320 g

Method

- Sieve together the flour and salt.

- Rub the ordinary margarine into the flour to a sandy texture.
- Make a bay, add the water and lemon juice and mix to a smooth paste.
- Cover the paste with a damp cloth and allow it to relax in a cool place for 15 minutes then roll it out into a rectangle 20 mm thick.
- Cover two thirds of the paste with an even layer of pastry margarine.
- Fold the paste into 3 and lightly seal the edges, this is known as a half turn.
- Roll out to a rectangular shape 20 mm thick and again fold in 3 layers, this makes 2 half turns.
- Cover with a damp cloth and allow to relax for 15 minutes.
- The paste must be rolled out and folded a further 4 times to make 6 half turns in all, leaving to rest in a cool place for 15 minutes between each turn.

Note: The best results are obtained when the mixing is carried out in a temperature of between 15°C and 18°C and the paste is kept at this temperature until required for baking.

34. RAISED PIE PASTRY 750 GRAMS

Ingredients

Flour	400 g
Salt	5 g
Margarine	200 g
Eggs	2
Water	50 ml

Method

- Sieve together the flour and salt.
- Rub in the margarine to a sandy texture.
- Add the eggs and water and mix to a stiff dough.

35. SHORT PASTE 1 KILOGRAM

Ingredients

Flour	550 g
Salt	5 g
Baking powder	10 g
Margarine	275 g
Water	175 ml

Method

- Sieve together the flour and salt.
- Rub in the margarine to a sandy texture.
- Make a bay and add the water.
- Mix to a firm paste.

Note: Short paste must not be over-worked or it will become tough.

36. SUET PASTE 1 KILOGRAM

Ingredients

Flour	500 g
Baking powder	15 g
Water	300 ml
Suet	200 g
Salt	5 g

Method

- Sieve together the flour, baking powder and salt and mix in the chopped suet.

- Make a bay in the centre, add the water and mix to a firm paste.

37. SWEET PASTE 1 KILOGRAM

Ingredients

Flour	600 g
Sugar	60 g
Margarine	300 g
Eggs	2

Method

- Sieve the flour and rub in the margarine to a sandy texture.
- Make a bay in the centre.
- Dissolve the sugar in the eggs.
- Put the sugar and egg mixture into the centre of the bay and mix to a smooth paste.

Notes:

- Care should be taken not to over mix this paste.
- This paste is used for flans, tartlets etc.

SPONGE

38. GENOESE SPONGE 500 GRAMS

Ingredients

Margarine	150 g
Eggs	3
Baking powder	5 g
Caster sugar	150 g
Flour	175 g
Salt	pinch

Method

- Grease baking sheets then line them with greaseproof paper to a depth of 25 mm.
- Whisk the eggs lightly together in a basin.
- Sieve together the flour, baking powder and salt.
- Cream the margarine and sugar together and add the egg gradually to avoid curdling.
- Add any essence or colour required.
- Fold in the flour, baking powder and salt.
- Spread the mix onto the baking sheets, smooth over the surface with a little milk.
- Bake in an oven at 190°C for 30 minutes.
- Remove from the oven and allow to cool in the baking tray.
- When required for use warm the tray slightly to assist turning out.

UNCLASSIFIED

39. GANACHE 400 GRAMS

Ingredients

Double cream	125 ml
Chocolate	250 g
Butter	25 g

Method

- Grate the chocolate. Melt the butter. Add the butter to the cream, bring to the boil, then add the grated chocolate.

2. Remove from the heat and stir until the chocolate has dissolved, allow to cool.
3. When cool, whisk until the mixture is completely smooth.

Notes:

1. Boiling the cream will eliminate any acid taste present. Use the freshest cream possible to maximise the storage time of the ganache.
2. Ganache may be flavoured with the addition of spirits, liqueurs, flavourings and essences. When using flavouring such as coffee it should be added to the cream and whisked in before adding to the chocolate. If using liqueur it should be added after whisking the ganache.
3. The ganache is ready to be whisked once it has cooled. The test for this is to stir it with a whisk and hold the whisk up. If the ganache sticks and does not run off, it is ready.
4. The consistency can be varied by altering the ratio of cream or chocolate. For a thinner mixture, increase the cream, for a thicker mixture increase the chocolate.
5. The texture can be further varied according to the type of chocolate used, a chocolate with a high cocoa butter content will produce a firmer texture.
6. Different coloured chocolate may be used: plain chocolate will produce a brown ganache, milk chocolate will produce blonde ganache and white chocolate white ganache.
7. Storage: in a refrigerator at 5°C for about 1 week. Ganache can be frozen but will lose volume on defrosting and is never as good as the fresh product.

Uses: Ganache may be used in 4 different ways:

1. Used hot, it can be poured over a sponge (or similar base) rather like fondant when it will set into a thin, soft textured coating.
2. When refrigerated, ganache will set to a firm paste which may be moulded into chocolate centres or sweets.
3. Whisking ganache when slightly warmed will produce a light cream which may be piped into a variety of patterns, rather like butter cream.
4. It may be used on its own as a filling or mixed with other ingredients or filling mediums.

40. PRALINE 1 KILOGRAM

Ingredients

Almonds	200 g
Hazelnuts	200 g
Sugar	800 g
Water	250 ml
Lemon	1
Glucose	150 g

Method

1. Blanch and skin the almonds.
2. Roast and skin the hazelnuts, chop them with the almonds.

3. Cook together the sugar and water, the glucose and the juice of the lemon to a golden brown colour.
4. Add the nuts and pour the mixture onto a marble slab or stainless steel table top.
5. Allow to cool, remove from the slab or table top and crush with a rolling pin.

Note:

Fine praline is required for certain dishes and this can be obtained by further crushing and then shaking through a sieve.

41. STOCK SYRUP 1 LITRE

Ingredients

Sugar	1 ltr
Water	800 g

Method

1. Boil the sugar with the water, removing any scum that may form.
2. Cool and store in polythene containers until required.

Note:

Used for glazing certain baked goods or, diluted for stewing fruit.

42. SAVARIN SYRUP 800 MILLILITRES

Ingredients

Sugar	300 g
Lemon	1
Orange	1
Water	500 ml
Coriander seeds	6
Cinnamon stick	25 ml

Method

1. Remove the zest of orange and lemon with a peeler, squeeze the juice from the fruit.
2. Place the water, sugar, zest and juice of the fruit and spice into a saucepan and bring to the boil. Allow to infuse for 15 minutes.
3. Drain and reheat ready for use.

Notes:

1. The recipe should be sufficient to soak 2 savarines or 30 babas or mignons.
2. For RUM savarin syrup, for use with rum babas, add 30 ml of rum or a few drops of rum essence after the syrup has been drained.

PART 3 - PASTRY

CHAPTER TWENTY SEVEN

Sweet Sauces/Butters

BUTTERS

1. Brandy
2. Brandy rich
3. Rum

SAUCES

4. Egg custard sauce (Anglaise)
5. Apricot
6. Brandy
7. Chocolate (1)
8. Chocolate (2)
9. Coulis (fruit sauce)

10. Custard
11. Jam (1)
12. Jam (2)
13. Lemon
14. Melba (fresh)
15. Melba (alternative)
16. Orange
17. Redcurrant
18. Rum (1)
19. Rum (alternative)
20. Sabayon
21. Syrup

BUTTERS

1. BRANDY BUTTER (BASIC)
600 GRAMS*Ingredients*

Unsalted butter	300 g
Caster sugar	300 g
Brandy	60 ml

Method

1. Cream the butter until it becomes white.
2. Beat the sugar in gradually.
3. Add the brandy 5 ml at a time, beating well between each addition.
4. Place in a container and refrigerate until required.

Notes:

1. If the mixture shows any signs of curdling (separating) do not add all the brandy.
2. The finished appearance of the butter should be white and foamy.
3. For rum butter substitute rum for brandy.

2. BRANDY BUTTER (RICH)
750 GRAMS*Ingredients*

Butter	100 g
Icing sugar	200 g
Eggs	2
Ground almonds	100 g
Brandy	10 ml
Double cream	250 ml

Method

1. Cream the butter with the icing sugar.
2. Break and mix the eggs then beat this and the ground almonds into the butter and sugar mixture.
3. Whisk the cream to a soft peak gradually then beat in the brandy.
4. Fold the cream into the mixture.
5. Place into a container and refrigerate until required.

Notes:

1. Use soft but not melted butter.
2. To obtain the best flavour from the butter, leave in a refrigerator over night before using.
3. For rum butter substitute rum for brandy.

3. RUM BUTTER
600 GRAMS*Ingredients*

Soft brown sugar	350 g
Slightly salted butter	200 g
Rum	60 ml

Method

1. Sieve the brown sugar to remove any lumps.
2. Place the sugar into a bowl and pour on the rum. Stir until smooth.
3. Melt the butter slowly (do not boil) on a very low heat then pour it gradually onto the sugar and rum mixture, stirring until well-blended and starting to set.
4. Pour into a bowl and allow to set.
5. Spoon out when required.

SAUCES

4. EGG CUSTARD SAUCE (SAUCE ANGLAISE)
1 LITRE*Ingredients*

Fresh milk	900 ml
Sugar	100 g
Eggs	6
Vanilla essence	

Method

1. Separate the egg yolks from the whites.
2. Mix the egg yolks, sugar and essence in a basin.
3. Bring the milk to the boil and pour onto the egg yolk mixture.
4. Return to the saucepan, place on a gentle heat and stir continually with a wooden spoon until the mixture thickens sufficiently to coat the back of the spoon.
5. Pass through a fine strainer and serve.

Notes:

1. This sauce must not be re-boiled. When the mix of hot milk, sugar and egg yolks is returned to the heat to thicken, great care must be taken to ensure it does not overcook and spoil.
2. After the sauce has been made care needs to be taken to prevent a skin forming. Several methods can be used to prevent this:

- a. Make the sauce at the last moment before serving.
- b. After making the sauce sprinkle the surface evenly with sugar.
- c. Placing a lid on the saucepan or serving utensil will create steam and prevent a skin forming.
- d. The use of a cartouche.

3. Certain sauces, such as jam sauce, can be used again as their high sugar content will prevent food spoilage occurring. However, sauces with a milk base, particularly custard, should not be re-heated and used again as they are a potential source of food poisoning.

5. APRICOT SAUCE
750 MILLILITRES*Ingredients*

Water	500 ml
Apricot jam	450 g
Cornflour	25 g
Sugar	25 g
Yellow colouring	

Method

1. Mix the cornflour with a little of the cold water to a smooth paste.
2. Bring the remainder of the water, jam and sugar to the boil, pour in the ready mixed paste, stirring or whisking constantly.
3. Reboil until clear, adjust the colour, pass through a conical strainer and serve.

6. BRANDY SAUCE

500 MILLILITRES

Ingredients

Milk	500 ml
Sugar	25 g
Cornflour	25 g
Brandy	50 ml

Method

1. Mix the cornflour and sugar with a little of the milk into a smooth paste.
2. Boil the remainder of the milk, pour onto the paste, whisking or stirring constantly.
3. Return to the saucepan, stir to the boil and simmer for 4 minutes.
4. Add the brandy and serve.

7. CHOCOLATE SAUCE (1)
500 MILLILITRES*Ingredients*

Fresh milk	500 ml
Sugar	60 g
Custard powder	25 g
Cocoa powder	25 g

Method

1. Mix the custard powder, cocoa powder and sugar to a smooth paste in a little milk.
2. Boil the remainder of the milk, pour onto the paste, whisking or stirring constantly.
3. Return to the saucepan, bring to the boil and simmer for 4 minutes.
4. Pour into a sauceboat and serve.

8. CHOCOLATE SAUCE (2)
500 MILLILITRES*Ingredients*

Water	500 ml
Plain chocolate	100 g
Sugar	100 g
Cocoa powder	10 g
Instant coffee	10 g
Eggs (optional)	2
Vanilla essence	5 ml

Method

1. Break up the chocolate and put it into a saucepan with sugar, cocoa, coffee and water.
 2. Heat slowly, stirring until melted.
 3. Simmer with the lid off the pan until the mixture is the consistency of thin cream.
 4. To finish the sauce if using egg yolks, remove the mixture from the heat. Blend the yolks with a little of the mix and then add to the mixture - do not reboil. Add the vanilla essence last.
 5. If no egg yolk is used; continue to simmer the sauce until it thickens slightly before adding the vanilla essence.
 6. Pour into a sauceboat and serve.
9. COULIS (FRUIT SAUCE)
750 MILLILITRES

Ingredients

Fruit	400 g
Water	300 ml
Sugar	150 g
Lemons	2

Method

1. Dissolve the sugar in the water, bring to the boil and simmer, uncovered, until the liquid becomes syrupy.
2. Pulp the fruit to a puree preferably in a blender or liquidizer.
3. Strain the puree through a conical strainer.
4. Mix the puree with the syrup and juice of the 2 lemons. Pour into a stainless or china bowl and keep covered in a refrigerator ready for use.

10. CUSTARD SAUCE
1 LITRE*Ingredients*

Milk	1 ltr
Sugar	50 g
Custard powder	50 g

Method

1. Mix the custard powder and sugar to a smooth paste using a little of the milk.
2. Boil the remainder of the milk, pour onto the paste stirring continuously, return to the saucepan.
3. Carefully reboil, ensuring the sauce does not burn, withdraw from the stove and serve.

11. JAM SAUCE (1)
750 MILLILITRES*Ingredients*

Water	500 ml
Jam (various)	450 g
Cornflour	25 g
Sugar	25 g
Colouring (if required)	

Method

1. Mix the cornflour with a little of the cold water to a smooth paste.
2. Bring the remainder of the water, jam and sugar to the boil, pour onto the paste stirring or whisking continuously.
3. Reboil until clear, adjust the colour, pass through a conical strainer and serve.

12. JAM SAUCE (2)
500 MILLILITRES*Ingredients*

Jam (various)	500 g
Colouring (if required)	

Method

1. Place jam in a saucepan and slowly bring to the boil stirring frequently.
2. Pass through a conical strainer and adjust the colour as required.

Note: With the addition of 25 g of sugar and 20 ml of water at stage 1 the sauce can be diluted if required.

13. LEMON SAUCE
1 LITRE*Ingredients*

Lemons	2
Sugar	125 g
Water	950 ml
Custard powder	25 g
Yellow colouring	

Method

1. Dissolve the custard powder in a little of the water.
2. Remove the zest from the lemons, blanch, refresh and cut into julienne.
3. Extract the juice from the lemons and make it up to 1 litre with water.
4. Add the lemon julienne and sugar, bring to the boil and simmer for 10 minutes.
5. Add the diluted custard powder to the boiling liquid stirring constantly. Reboil and serve.

14. MELBA SAUCE (FRESH)
500 MILLILITRES

Ingredients

Raspberries (fresh)	250 g
Icing sugar	250 g

Method

1. Sieve the icing sugar.
2. Pass the raspberries through a fine sieve.
3. Add the icing sugar to the puree.
4. Allow to stand until the mixture becomes clear and bright.

15. MELBA SAUCE (ALTERNATIVE)
500 MILLILITRES

Ingredients

Raspberry jam	400 g
Sugar	100 g
Red colouring if required	

Method

1. Place the jam and sugar in a saucepan on a low heat and bring to the boil stirring frequently.
2. Pass the sauce through a conical strainer, correct the colour as desired.
3. Reboil for a further 5 minutes.
4. Cool then chill ready for use.

16. ORANGE SAUCE
1 LITRE

Ingredients

Oranges	4
Sugar	125 g
Water	800 ml
Custard powder	25 g

Method

1. Dissolve the custard powder in a little of the water.
2. Remove the zest from the oranges, blanch, refresh and cut into julienne.
3. Extract the juice from the oranges and make it up to 1 litre with water.
4. Add the orange julienne and sugar, bring to the boil and simmer for 10 minutes.
5. Add the diluted custard powder to the boiling liquid stirring constantly. Reboil and serve.

17. REDCURRANT SAUCE
500 MILLILITRES

Ingredients

Redcurrant jelly	450 g

<u>Stock syrup</u>	250 ml

Method

1. Heat the ingredients together until combined. Do not allow to boil as this will encourage setting when the sauce is cold.

18. RUM SAUCE (1)
500 MILLILITRES

Ingredients

Milk	500 ml
Sugar	25 g
Cornflour	25 g
Rum	50 ml

Method

1. Mix the cornflour and sugar with a little of the milk into a smooth paste.
2. Boil the remainder of the milk, pour onto the paste, whisking or stirring continuously.
3. Return to the saucepan, bring to the boil and simmer for 4 minutes.
4. Add the rum and serve.

19. RUM SAUCE (ALTERNATIVE)
750 MILLILITRES

Ingredients

Eggs	10
Water	250 ml
Caster sugar	350 g
Rum	150 ml

Method

1. Separate the egg yolks from the whites. Discard the whites.
2. Place the egg yolks and the remainder of the ingredients into a basic.
3. Steam over a pan of hot water (bain marie), whisking until the sauce is thick and creamy and its volume has increased 4 times.

20. SABAYON

Ingredients

Eggs	4
Water	200 ml
Caster sugar	125 g

Method

1. Separate the egg yolks from the whites.
2. Place the egg yolks and remainder of the ingredients into a basic.
3. Steam over a pan of hot water (bain marie), whisking continuously until the mixture thickens to a creamy texture and increases in volume 4 times.

21. SYRUP SAUCE
500 MILLILITRES

Ingredients

Lemon	1
Sugar	25 g

Water	400 ml
Syrup	125 g
Cornflour	50 g
Yellow colouring	

Method

1. Dissolve the cornflour in a little of the water.
2. Put the remaining ingredients in a saucepan and bring to the boil.
3. Add the cornflour to the boiling liquid, stirring continuously until the sauce has re-boiled.

PART 3 - PASTRY

CHAPTER TWENTY EIGHT

Biscuits

MOULDED

1. Parkin
2. Tuille

PIPED

3. Cats tongue
4. Cornets
5. Drop
6. Lady finger biscuits
7. Macaroons
8. Ratafia
9. Sponge fingers
10. Victoria
11. Viennese
12. Sable paste

ROLLED

13. Ginger
14. Rice
15. Sable
16. Scotch oatcakes
17. Shortbread
18. Spiced
19. Wine

SNAPS

20. Brandy
21. Oatmeal

MOULDED BISCUITS**1. PARKIN
10 BISCUITS***Ingredients*

Plain flour	150 g
Oatmeal flour	150 g
Margarine	35 g
Syrup	150 g
Ground ginger	5 g
Mixed spice	5 g
Salt	pinch
Bicarbonate of soda	5 g
Water	50 ml
Milk	25 ml

Method

1. Oil a baking tray.
2. Warm the syrup then cream it together with the margarine in a bowl.
3. Sieve all the dry ingredients together and mix with the creamed margarine and syrup.
4. Add the water and mix thoroughly.
5. Divide into 10 pieces, roll into balls and flatten them out on a baking tray.
6. Brush the surface with milk and bake in an oven at 180°C for 15 minutes.

**2. TUILLE
20-30 BISCUITS***Ingredients*

Sugar	75 g
Flour	35 g
Butter	35 g
Eggs	2
Almonds (shredded)	30 g
Vanilla essence	2 drops

Method

1. Separate the egg whites from the yolks and melt the butter.
2. Oil and flour the baking trays.
3. Thoroughly beat the sugar and egg whites together then mix in the flour, butter and shredded almonds.
4. Using a small spoon, place portions of paste onto the baking sheet and shape them into round wafers.
5. Dust with a little icing sugar and bake in an oven at 230°C for 4 minutes.
6. Remove them from the oven and whilst they are still hot remove them from the tray with a pallet knife and place them over a suitable curved object ie rolling pin to allow a curved shape to form while they are cooling.

PIPED BISCUITS**3. CATS TONGUES
35-40 BISCUITS***Ingredients*

Butter	100 g
Icing sugar	100 g
Flour	100 g
Eggs	4
Vanilla essence	2 drops

Method

1. Separate the egg whites from the yolks.
2. Oil the baking trays.
3. Cream the butter and sugar together in a bowl.
4. Add the egg whites individually, beating vigorously.
5. Add the vanilla essence then fold in the flour.
6. Place the mixture into a piping bag containing a 7 mm plain tube and pipe out the mixture onto the baking trays approximately 7.5 cm long and 5 cm apart.
7. Place the baking trays on the bottom shelf of an oven at 200°C until the edges of the biscuits begin to colour.
8. Remove from the oven and using a palette knife transfer the biscuits to a flat surface to cool.

**4. CORNETS
35-40 BISCUITS***Ingredients*

Butter	100 g
Icing sugar	100 g
Flour	100 g
Eggs	4
Vanilla essence	2 drops

Method

1. Separate the egg whites from the yolks.
2. Lightly oil the baking trays.
3. Cream the butter and sugar together in a bowl.
4. Add the egg whites individually, bating vigorously.
5. Add the vanilla essence then carefully fold in the flour.
6. Place the mixture into a piping bag containing a 7 mm plain tube. Pipe out the mixture onto the baking trays into rounds 2.5 cm in diameter and 5 cm apart.
7. Place the baking trays in the bottom of an oven at 200°C until the edges of the biscuits begin to colour.
8. Remove from the oven and working quickly while the biscuits are still hot, twist the biscuits into a cornet shape using either the point or the inside of a cream horn mould then place them on one side to set.

Notes:

1. For best results the cornets should be produced in small batches.
2. Using the inside of the mould will produce a tighter cornet.

**5. DROP BISCUITS
15-20 BISCUITS***Ingredients*

Butter	300 g
Caster sugar	200 g
Flour	200 g
Eggs	4
Vanilla essence	2 drops
Fondant	100 g

Method

1. Oil the slightly warmed baking trays then dust with flour.
2. Cream 200 g of butter with the sugar.
3. Add the eggs individually beating vigorously.
4. Add the flavouring and fold in the flour.
5. Place the mixture in a piping bag containing a 13 mm plain tube. Pipe the biscuits onto the trays about 2 cm apart.
6. Bake in an oven at 175°C until the edges of the biscuits begin to colour.
7. Remove them from the oven and allow to cool.
8. Make a filling with the remainder of the butter and fondant and use this to sandwich 2 biscuits together.

Note: Other flavourings and appropriate colours may be used, if desired at stage 4.

6. LADY FINGER BISCUITS 25-30 BISCUITS

Ingredients

Eggs	4
Flour	100 g
Caster sugar	100 g
Icing sugar	

Method

1. Separate the egg yolks from the whites.
2. Lightly oil the baking trays and line them with greaseproof paper.
3. Beat the egg yolks and sugar together until the mixture becomes creamy and almost white.
4. Whisk the egg whites to a stiff peak.
5. Lightly fold the egg whites and flour with the egg yolk and sugar mixture.
6. Using a piping bag containing a 13 mm plain piping tube, pipe out the mixture onto the greaseproof paper in 7.5 cm lengths.
7. Dust the biscuits with icing sugar and allow them to rest.
8. Bake in an oven at 175°C for about 10 minutes.
9. Remove the biscuits from the oven, lift them with the greaseproof paper and place them upside down on the table.
10. Brush the back of the paper with water to aid their removal, then put them on a pastry wire to cool before use.

7. MACAROONS 25-30 BISCUITS

Ingredients

Ground almonds	200 g
Ground rice	25 g
Caster sugar	300 g
Icing sugar	100 g
Eggs	4
Almond essence	
Split almonds for decoration	30
Rice paper	3 sheets

Method

1. Separate the egg whites from the yolks.
2. Lightly oil the baking trays and line them with rice paper.
3. Mix all the dry ingredients together, omitting the split almonds.
4. Add the egg whites and a few drops of almond essence, mix to a smooth paste.
5. Using a piping bag containing a 13 mm plain piping tube pipe the mixture onto the rice paper in button shapes 2.5 cm in diameter and 1.5 cm apart.
6. Damp them with a wet brush. Place a split almond on each and bake in an oven at 175°C until crisp and light brown.
7. Remove them from the baking trays, trim the rice paper around each macaroon and allow them to cool.

8. RATAFIA BISCUITS 40-50 BISCUITS

Ingredients

Ground almonds	200 g
Ground rice	25 g
Caster sugar	300 g
Icing sugar	100 g
Eggs	4
Almond essence	
Split almonds for decoration	30
Rice paper	3 sheets

Method

1. Separate the egg whites from the yolks.
2. Lightly oil the baking trays and line them with rice paper.
3. Mix all the dry ingredients together, omitting the almonds.
4. Add the egg whites, a few drops of almond essence and mix to a smooth paste.
5. Using a piping bag containing a 13 mm plain piping tube pipe out the mixture onto the rice paper in button shapes 1 cm in diameter.
6. Damp them with a wet brush, place a split almond on each and bake in an oven at 175°C until crisp and light brown.
7. Remove them from the baking trays, trim the rice paper around each biscuit and allow to cool.

9. SPONGE FINGERS 15-20 BISCUITS

Ingredients

Flour	125 g
Caster sugar	125 g
Eggs	3
Caster sugar for dusting	

Method

1. Place the eggs and sugar in a bowl and whisk vigorously over hot water (bain marie) for 10 minutes.
2. Remove from the heat and continue whisking until cold.
3. Lightly fold in the flour.
4. Using a piping bag containing a 13 mm plain piping tube pipe the mixture onto greaseproof paper in 7.5 cm lengths. Dust with caster sugar and remove the surplus from the paper.
5. Place onto the back of a baking tray and bake in an oven at 230°C for 15 minutes.
6. Remove them from the oven, turn the sheet of biscuits over the brush the paper with water. Allow to stand until the biscuits can be removed from the paper with ease.

10. VICTORIA BISCUITS 35-40 BISCUITS

Ingredients

Flour	300 g
Caster sugar	100 g
Margarine	250 g
Evaporated milk	75 ml
Vanilla essence	2 drops
Glacé cherries	10
Split almonds for decoration	40

Method

1. Oil and flour the baking trays.
2. Cream the margarine and sugar to a light texture. Gradually add the milk and vanilla essence.
3. Add the flour in small amounts beating thoroughly.
4. Using a piping bag containing a 6 point star tube pipe the mixture onto the trays 11 cm long.
5. Bake in an oven at 175°C for 15 minutes.
6. Remove from the oven and using a palette knife transfer the biscuits onto a pastry wire to cool.

11. VIENNESE BISCUITS

Note: These biscuits are produced using a combination of Sablepaste and Victoria biscuits mixture.

1. Follow stages 1 to 5 of the sable paste recipe. Then follow stages 2 to 4 of the Victoria biscuits.
2. Pipe rosettes of the mixture onto the prepared paste bases and decorate with glace cherries and split almonds.
3. Bake in an oven at 230°C for 25 minutes.
4. Remove from the oven and transfer the biscuits onto a pastry wire to cool.

12. SABLE PASTE 35-40 BISCUITS

Ingredients

Flour	300 g
Margarine	200 g
Caster sugar	100 g
Egg	1
Vanilla essence	2 drops

Method

1. Sieve the flour.
2. Cream together the margarine and caster sugar.
3. Add the egg and 2 drops of vanilla essence and mix thoroughly.
4. Blend in the flour to a smooth texture then allow to set in a cool place for 1 hour.
5. Roll out the paste 3 mm thick and cut into rounds with a plain or fluted cutter 55 mm in diameter. Place on baking trays.

ROLLED BISCUITS

13. GINGER BISCUITS 45-50 BISCUITS

Ingredients

Wholemeal flour	200 g
White flour	200 g
Caster sugar	75 g
Margarine	50 g
Baking powder	10 g
Golden syrup	175 g
Ground ginger	5 g
Mixed spice	pinch

Method

1. Oil the baking trays. Place the syrup on the stove to warm.
2. Sieve together the 2 flours with the baking powder and spice.
3. Rub in the margarine to a fine sandy texture.
4. Make a bay, add the warmed syrup and sugar and mix to a dough.
5. Roll out 3 mm thick and cut into rounds with a 38 mm plain cutter.
6. Place onto the baking trays, 20 mm apart. Bake in an oven at 180°C for 30 minutes.

14. RICE BISCUITS 15-20 BISCUITS

Ingredients

Flour	125 g
Margarine	125 g
Ground rice	75 g
Egg	1
Baking powder	2.5 g
Salt	pinch
Milk	20 ml

Method

1. Oil the baking trays.
2. Break the egg into a bowl and mix.

3. Sieve the dry ingredients together into a bowl.
4. Rub in the margarine to a fine sandy texture.
5. Make a bay, add half the egg mixture and milk, mix thoroughly. If the mixture is dry, add more of the egg.
6. Roll out 5 mm thick and cut into rounds with a 55 mm fluted cutter.
7. Place onto the baking trays and bake in an oven at 175°C for 20 minutes.

15. SABLE BISCUITS 35-40 BISCUITS

Ingredients

Flour	300 g
Margarine	200 g
Caster sugar	100 g
Egg	1
Vanilla essence	2 drops

Method

1. Sieve the flour. Cream together the margarine and caster sugar.
2. Add the egg and 2 drops of vanilla essence, mix thoroughly.
3. Blend in the flour and allow to rest in a cool place for 1 hour.
4. Roll out the paste 3 mm thick, and cut into rounds with a plain or fluted cutter 55 mm in diameter.
5. Place onto baking trays and bake in an oven at 200°C for 15 minutes.
6. Remove from the oven and transfer the biscuits onto a pastry wire to cool.

16. SCOTCH OATCAKES 10 OATCAKES

Ingredients

Oatmeal (medium)	300 g
Margarine	75 g
Flour	50 g
Baking powder	15 g
Milk	125 ml
Salt	pinch
Egg	1

Method

1. Oil the baking trays, prepare the egg for egg wash.
2. Sieve together the flour, baking powder and salt, add the oatmeal. Rub in the margarine to a fine sandy texture.
3. Make a bay, add the milk and mix to a stiff paste, allow to stand for 1 hour.
4. Roll out 5 mm thick, cut into rounds with a 75 mm fluted cutter.
5. Place onto greased trays and brush with egg wash.
6. Bake in an oven at 200°C or 20 minutes.
7. Remove from the oven and transfer onto a pastry wire to cool.

17. SHORTBREAD 20 BISCUITS

Ingredients

Flour	300 g
Caster sugar	100 g
Butter	200 g

Method

1. Cream together the butter and sugar in a bowl.
2. Mix in the flour to a smooth paste.
3. Roll out the paste 10 mm thick.
4. Cut into rounds or fingers and place onto a baking tray. Prick with a fork.
5. Bake in an oven at 175°C for 40 minutes or until light golden brown in colour.
6. Remove from oven allow to cool on a tray then dust with caster sugar.

Notes:

1. To make a good shortbread it is important to use butter rather than margarine.
2. Shortbread is fragile. When shaping and transferring to a baking tray care must be taken. Shortbread must be allowed to cool and set on the tray used for baking.

18. SPICED BISCUITS

20 BISCUITS

Ingredients

Flour	200 g
Margarine	125 g
Currants	15 g
Egg	1
Ground cinnamon	pinch
Ground nutmeg	pinch

Method

1. Oil the baking trays.
2. Sieve together the flour and spices.
3. Rub in the margarine to a fine sandy texture.
4. Make a bay, add the egg and sugar and mix to a paste.
5. Roll out 5 mm thick and cut into rounds with a 55 mm fluted cutter.
6. Place onto the trays and bake in an oven at 175°C for 25 minutes.
7. Remove from the oven and sprinkle with caster sugar immediately.

19. WINE BISCUITS

45-50 BISCUITS

Ingredients

Flour	200 g
Sugar	100 g
Margarine	125 g
Baking powder	2.5 g
Egg	1
Milk	20 ml
Salt	pinch
Flavouring	

Method

1. Lightly whisk the egg in a bowl.
2. Sieve together the flour, salt and baking powder.
3. Rub in the margarine to a fine sandy texture.
4. Make a bay, add the milk, egg, sugar and flavouring and mix to a paste.
5. Roll out 5 mm thick and cut to any desired shapes.
6. Place onto baking trays and cook in an oven at 175°C for 15 minutes.

Notes:

1. Various flavourings can be used.
2. Colouring can be used to compliment a particular flavour, ie raspberry flavour can be coloured with pink or red colouring.

3. Before baking the biscuits may be decorated with a variety of different nuts or crystallized fruits.

SNAPS

20. BRANDY SNAPS

Ingredients

Margarine	125 g
Flour	100 g
Syrup	110 g
Sugar	210 g
Ground ginger	2.5 g
Ground mixed spice	pinch

Method

1. Oil the baking trays and some wooden spoon handles.
2. Melt the syrup sugar and butter in a saucepan then allow to cool slightly.
3. Add the flour, ginger and mixed spice, mix together.
4. Using a small spoon, drop amounts of the mixture onto the baking trays 10 cm apart.
5. Bake in an oven at 175°C until golden in colour.
6. Remove from the oven, cool slightly and lift off the tray with a palette knife.
7. Working quickly roll the snaps over wooden spoon handles to form a cylinder.
8. Allow to cool before carefully removing from the spoon handles.

Note: If allowed to cool too much brandy snaps become brittle and impossible to roll. They can be returned to a warm oven to re-soften.

21. OATMEAL SNAPS

450 GRAMS

Ingredients

Margarine	150 g
Golden syrup	35 g
Sugar	75 g
Rolled oats	200 g
Ground cinnamon	pinch

Method

1. Oil the baking trays.
2. Melt the margarine, sugar and syrup in a large saucepan.
3. Add the rolled oats and cinnamon, mix thoroughly.
4. Spread thinly onto the baking trays and bake in an oven at 150°C for 25 minutes.
5. Remove from the oven, allow to set and cut into squares whilst hot.

PART 3 - PASTRY

CHAPTER TWENTY NINE

Fancy Pastries/Small Cakes

BAKING POWDER

1. Cherry cakes
2. Coconut cakes
3. Fairy cakes
4. Madelines
5. Queen cakes
6. Rock cakes

CHOUX PASTRY

7. Choux buns
8. Eclairs
9. Souffle buns
10. Swans

MERINGUE

11. Coconut pyramids
12. Shells/shapes

PUFF PASTRY

13. Apple turnover
14. Banbury cakes
15. Conversation tarts
16. Cream horns
17. Almond slice
18. Eccles cakes
19. Fruit slices
20. Jalousie
21. Jam puff
22. Mille feuille slice
23. Palmiers

SCONE

24. Scone mix
25. Milk
26. Rich tea
27. Sultana
28. Drops
29. Oatmeal

SPONGE

30. Battenburg
31. Fondant slices
32. Iced Genoese fancies
33. Swiss tartlets

SWEET/SHORT PASTRY

34. Almond slice
35. Nelson slice
36. Apple slice
37. Bakewell tart
38. Congress tartlets
39. Frangipane tartlets
40. Fruit tartlets
41. Jam tartlets
42. Lemon tartlets

1. CHERRY CAKES 10 CAKES

Ingredients

Flour	200 g
Caster sugar	125 g
Margarine	125 g
Eggs	2
Baking powder	5 g
Milk	25 ml
Salt	pinch
Vanilla essence	2 drops
Glaze cherries	50 g

Method

- Place 10 paper cake cases onto a baking sheet.
- Sieve together the flour, salt and baking powder.
- Cut the cherries into quarters; wash and dry thoroughly.
- Cream the margarine and sugar together until light and fluffy.
- Add the eggs one at a time, beating vigorously and then add the vanilla essence.
- Fold the dry mix and the cherries into the creamed margarine, sugar and eggs. Stir in the milk.
- Using a piping bag containing a large plain tube pipe the mixture into the paper cases, two thirds full.
- Bake in an oven at 220°C for 20 minutes.
- Remove the tray from the oven and allow the cakes to cool on a pastry wire.

2. COCONUT CAKES 10 CAKES

Ingredients

- Place 10 paper cases on a baking tray.
- Sieve together the flour, salt and baking powder then mix in the coconut.
- Cream together the margarine and sugar until light and fluffy.
- Add the eggs one at a time, beating vigorously.
- Fold the dry ingredients into the creamed mixture and place into a piping bag containing a large plain tube. Pipe into the paper cases, two thirds full.
- Bake in an oven at 175°C for 20 minutes.
- Remove the tray from the oven and transfer the cakes to a pastry wire to cool.

3. FAIRY CAKES 10 CAKES

Ingredients

Flour	125 g
Caster sugar	100 g
Margarine	100 g
Eggs	2
Baking powder	5 g
Salt	pinch
Currants	25 g
Milk	25 ml
Vanilla essence	

Method

- Place 10 paper cases on a baking tray.
- Sieve together the flour, salt and baking powder.
- Cream together the margarine and sugar until light and fluffy.
- Add the eggs one at a time, beating vigorously then add the vanilla essence.
- Fold the dry mix and half the currants into the creamed margarine, sugar and eggs. Stir in the milk.
- Using a piping bag containing a large plain tube pipe the mixture into the paper cases, two thirds full.
- Sprinkle the remainder of the currants on top before baking in an oven at 175°C for 20 minutes.
- Remove the tray from the oven and transfer the cakes to a pastry wire to cool.

4. MADELINES 10 CAKES

Ingredients

Flour	150 g
Caster sugar	100 g
Margarine	100 g
Eggs	2
Baking powder	5 g
Salt	pinch
Milk	25 ml
Glaze cherries	10 halves
Desiccated coconut	200 g
Raspberry jam	200 g
<u>Butter cream</u>	100 g

Method

- Grease and flour 10 dariole moulds and place them on a baking sheet.
- Sieve together the flour, salt and baking powder.
- Cream together the margarine and sugar.
- Fold in the dry mix and the milk.
- Using a piping bag containing a large plain tube pipe the mixture into the moulds, two thirds full.
- Bake in an oven at 175°C for 20 minutes.
- Remove from the oven, turn out of the moulds on to a pastry wire and allow to cool.
- Place the jam in a saucepan and bring to the boil, stirring frequently. Pass through a conical strainer, return to a clean pan and keep hot.
- When the cakes have cooled, bring the jam back to the boil and using a fork to skewer the base of the cake dip each cake in the boiling jam level with the base then roll them in the desiccated coconut. Place on a pastry wire to cool.
- Place the butter cream into a piping bag containing a small star tube. Pipe out a small rosette of butter cream on top of each cake and decorate with half a glaze cherry.

5. QUEEN CAKES

10 CAKES

Ingredients

Flour	125 g
Caster sugar	100 g
Margarine	100 g
Eggs	2
Baking powder	5 g
Salt	pinch
Currants	25 g
Milk	25 ml
Vanilla essence to flavour	

Method

1. Place 10 paper cases on a baking tray.
2. Sieve together the flour, salt and baking powder.
3. Thoroughly cream together the margarine and sugar until light and fluffy.
4. Add the eggs one at a time, beating vigorously then add the vanilla essence.
5. Fold the dry mix and the currants into the creamed margarine, sugar and eggs. Stir in the milk.
6. Using a piping bag containing a large plain tube pipe the mixture into the paper cases, two thirds full.
7. Bake in an oven at 175°C for 20 minutes.
8. Remove the tray from the oven and transfer the cakes to a pastry wire to cool.

6. ROCK CAKES

10 CAKES

Ingredients

Flour	250 g
Sugar	100 g
Margarine	60 g
Eggs	2
Baking powder	10 g
Currants	50 g
Chopped mixed peel	10 g
Milk	125 ml
Salt	pinch

Method

1. Lightly grease baking trays.
2. Make an egg wash with one of the eggs and 25 ml of milk.
3. Sieve together the flour, salt and baking powder. Rub in the margarine to a fine sandy texture then make a bay and sprinkle the fruit around the edge.
4. Put the remaining egg, milk and 60 g of the sugar into a basin and mix together until the sugar has dissolved.
5. Pour the egg mixture into the bay and mix to a medium stiff dough.
6. Break into pieces and place an equal distance apart on the baking tray.
7. Using a pastry brush, dab with the egg wash, sprinkle with the remaining sugar and bake in an oven at 220°C for 25 minutes.
8. Remove the trays from the oven and transfer the cakes to a pastry wire to cool.

CHOUX PASTRY

7. CHOUX BUNS

10 BUNS

Ingredients

<u>Choux paste</u>	400 ml
<u>Pastry cream</u>	250 ml
or	
Whipping cream	250 ml
Nib almonds	25 g
Icing sugar	50 g
Eggs	1
Milk	25 ml

Method

1. Lightly grease baking trays.
2. Place the choux paste into a bag containing a 15 mm plain piping tube then pipe the paste onto baking trays in small ball shapes 4 cm in diameter.
3. Prepare an egg wash with the egg and milk. Using a pastry brush, egg wash the buns then sprinkle with nib almonds. Cook in an oven at 220°C to a golden brown colour.
4. Remove the tray from the oven, transfer the buns to a pastry wire and allow to go completely cold.
5. Make a cut in the base and with a piping bag and a small plain tube pipe either cold pastry cream or whipped cream to fill the buns.
6. Dredge the buns with icing sugar and serve.

8. ECLAIRS

10 ECLAIRS

Ingredients

<u>Choux paste</u>	400 ml
<u>Pastry cream</u>	250 ml
or	
Whipping cream	250 ml
Fondant	200 g
Eggs	1
Milk	25 ml

Colouring and flavouring as required

Method

1. Lightly grease baking trays.
2. Using a piping bag containing a 15 mm plain tube pipe the choux paste onto baking trays in finger shapes 10 cm long. Prepare an egg wash with the eggs and milk. Using a pastry brush egg wash the eclairs.
3. Cook in an oven at 220°C to a golden brown colour.
4. Remove the tray from the oven, transfer the buns to a pastry wire and allow to go completely cold.
5. Make a cut in the base and with a piping bag and small plain tube pipe, fill the eclairs with either pastry cream or whipped cream then to fill the eclairs. Coat the top of the eclair with fondant which has been flavoured and coloured as desired.

Note: For a more delicate eclair for use as a French pastry, pipe out 7 cm long using a 10 mm piping bag.

9. SOUFFLE BUNS

10 BUNS

Ingredients

<u>Choux paste</u>	400 ml
Whipping cream	250 ml
Icing sugar	50 g

Method

1. Lightly grease baking trays.
2. Place the choux paste into a piping bag containing an 8 point star tube then pipe onto baking trays in pyramid shapes with a 4 cm base.
3. Cover the trays of buns with either deep baking dishes or bread tins. Bake in an oven at 220°C for about 40 minutes.
4. Remove the trays from the oven, transfer the buns to a pastry wire and allow to go completely cold.
5. Make a cut in the base and with a piping bag containing a 10 mm plain tube fill the buns with whipped cream.
6. Dust with icing sugar and serve.

Notes:

1. The baking trays are fitted with a deep baking dish as a lid to create steam in the baking process. This gives the buns the necessary lift and a “souffle” appearance.
2. After baking for 20 minutes the buns should be carefully checked for colour and set, after which the covers can be replaced. Care must be taken with this process as steam will escape as the covers are lifted.

10. SWANS

10 SWANS

Ingredients

<u>Choux paste</u>	500 ml
Whipping cream	250 ml
Icing sugar	75 g
Eggs	1
Milk	25 ml

Method

1. Lightly grease the baking trays.
2. Place 400 ml of choux paste into a piping bag containing a 15 mm plain tube. Pipe onto baking trays in oval shapes 4 cm in diameter to form the bodies.
3. Place 100 ml of choux paste into a piping bag containing a 5 mm plain tube. Pipe onto a separate baking tray into an “S” shape to form the necks.
4. Prepare an egg wash with the eggs and milk. Using a pastry brush, egg wash the bodies and the necks.
5. Cook in an oven at 220°C to a golden brown colour.
6. Remove the trays from oven, transfer the bodies and necks to a pastry wire and allow to go completely cold.
7. Remove the tops of the bodies with a knife then cut the tops into halves for the wings. Fill a piping bag containing a plain piping tube with whipped cream and fill the cut bodies. Arrange the necks and wings in position on the bodies to form the swans.
8. Dredge with icing sugar and serve.

MERINGUE

11. COCONUT PYRAMIDS

10 PYRAMIDS

Ingredients

Desiccated coconut	200 g
Eggs	2
Sugar	200 g
Glaze cherries	5
Rice paper	2 sheets

Method

1. Line a baking tray with rice paper.
2. Separate the egg whites from the yolks.
3. Place the whites of egg and sugar in a bowl and whisk together over steam (bain-marie) for 5 minutes.
4. Stir in the coconut to make a firm mixture.
5. Divide the mixture into 10 pieces, mould into pyramid shapes and place onto baking trays. Decorate the tops with a half glaze cherry and bake in an oven at 200°C for 7 minutes.
6. Remove the tray from the oven, trim the excess rice paper and transfer the pyramids to a pastry wire to cool.

12. MERINGUES

20 MERINGUES

Ingredients

Caster sugar	400 g
Eggs	8
Lemon	1
Caster sugar for dusting	50 g

Method

1. Line the baking trays with greaseproof paper.
2. Separate the egg whites from the yolks.
3. Place the whites of egg into a bowl and whisk to a stiff peak. Add a few drops of lemon juice then incorporate half the sugar in small quantities until the meringue becomes full bodied and firm. Carefully fold in the remainder of the sugar.
4. Place the meringue mixture into a piping bag containing a 13 mm plain tube then pipe onto baking trays into egg shapes with an 8 cm base.
5. Dust lightly with caster sugar and bake in an oven at 110°C for 1½ hours or until dry.
6. Remove the trays from the oven, allow the meringues to cool then remove them from the paper.

Notes:

1. Always use fresh eggs: stale eggs have a high degree of water in the whites and will not produce the volume required.
2. For good results it is vital to ensure that all equipment used in the preparation of meringue is clean, dry and grease free.

PUFF PASTRY GOODS

13. APPLE TURNOVERS

10 PORTIONS

Ingredients

<u>Puff pastry</u>	625 g
<u>Apple puree</u>	400 g
Caster sugar	100 g

Method

1. Roll out the puff pastry 3 mm thick and cut into circles using a 75 mm plain pastry cutter.
2. Brush over the pastry circles with a little water then place 40 g of apple puree in the centre of each.
3. Fold over in half and seal the edges.
4. Brush the upper surface with a little water and dip in the caster sugar.
5. Place onto the baking trays and allow to stand for 30 minutes. Bake in an oven at 200°C for 25 minutes.
6. Remove from the oven and transfer to a pastry wire to cool.

14. BANBURY CAKES

10 CAKES

Ingredients

Currants	50 g
Cake crumbs	150 g
Mixed peel	10 g
Syrup	50 g
<u>Puff pastry trimmings</u>	600 g
Caster sugar	100 g
Mixed spice	5 g

Method

1. Roll out the pastry trimmings 3 mm thick and cut into circles using a 10 cm plain pastry cutter.
2. Warm the syrup in a saucepan, add all the dry ingredients except the caster sugar then bind together.
3. Place 25 g of the mixture into the centre of each circle of pastry.
4. Wet the edges of the pastry. Bring the edges together making a point at each end to form a boat shape.
5. Turn over the cakes and carefully flatten them with a rolling pin, keeping them boat shaped.
6. Brush the upper surface with water then dip in the caster sugar. Place onto the baking trays and make 2 or 3 diagonal incisions with the point of a knife.
7. Bake in an oven at 175°C for 25 minutes.
8. Remove from the oven and transfer to a pastry wire to cool.

15. CONVERSATION TARTS

10 TARTS

Ingredients

<u>Puff pastry trimmings</u>	300 g
<u>Puss pastry</u>	100 g
<u>Frangipane (almond paste)</u>	300 g
<u>Royal icing</u>	150 g
Raspberry jam	50 g
Cornflour	25 g

Method

1. Roll out the puff pastry 2 mm thick. Cut into circles using a 40 mm plain cutter and place to one side.
2. Roll out the puff pastry trimmings 2 mm thick, retain approximately 50 g for strips to be used on the top of the tarts. Cut the remaining pastry into rounds using a 60 mm plain cutter.
3. Line the tartlet moulds with the pastry rounds then pipe a dot of raspberry jam into the centre of each. Fill a piping bag containing a 5 mm plain tube with the frangipane mixture and three quarters fill each mould.
4. Damp the edges of the tartlets with a little water then place the cut pastry rounds on the top of the moulds.
5. Using the retained 50 g of puff pastry trimmings, cut into sufficient 3 mm strips to allow 4 for each tart.
6. Spread the top of each tart with a thin layer of royal icing removing any surplus. Place 4 strips of pastry on each tart in a trellis pattern.
7. Place the tartlets onto a baking tray and bake in an oven at 200°C for 18 minutes. Remove from the oven and allow to cool very slightly. Remove the tartlets from the moulds while they are still warm and then place on a pastry wire to cool.

Notes:

1. Neat royal icing will be too stiff for spreading onto the tarts, it should be thinned with a cornflour and water mix.
2. The correct mould for these tartlets is similar in size and shape to a custard tart tin but with a shallow fluted side. As an alternative, barquette moulds may be used.

16. CREAM HORNS

10 PASTRIES

Ingredients

<u>Puff pastry</u>	625 g
Caster sugar	50 g
Glaze cherries	5
Whipped cream	250 ml
Raspberry jam	50 g

Method

1. Wash the glaze cherries and cut into halves.
2. Roll out the pastry 2 mm thick to an oblong shape 35 cm long by 20 cm wide.
3. Lightly trim any uneven edges then cut the pastry into strips 20 mm wide x 35 cm, to yield 10 strips.
4. Brush the pastry with water and starting at the point of a cornet mould, wind on the pastry strip overlapping one third of the paste to form a coil finishing at the open end of the mould.
5. Lightly press the end of the pastry into the final coil to seal the end down.
6. Dip the surface opposite the seal into caster sugar and place onto the baking trays. Allow to rest for 1 hour.
7. Bake in an oven at 190°C for 25 minutes.
8. Transfer from the oven onto a pastry wire to cool. When cold, carefully remove the moulds from the pastries, a slight twist will free them.
9. Make a piping bag from greaseproof paper and fill it with raspberry jam, then pipe a line of jam inside the horn from the point to within 5 mm of the open end.
10. Whisk the cream and place it into a piping bag containing a 10 mm star tube.
11. Pipe the cream into the horn finishing with a whirl. Decorate with half of a glazed cherry.

17. ALMOND SLICES

10 CAKES

Ingredients

<u>Puff pastry</u>	625 g
<u>Frangipane (almond paste)</u>	300 g
Red jam	100 g
Icing sugar	50 g
Egg	1

Method

1. Roll out the puff pastry 3 mm thick then cut into an equal number of strips 9 cm wide.
2. Place half the strips onto baking trays and carefully egg wash the edges.
3. Using a greaseproof paper piping bag jam down the centre of the strip.
4. Place the frangipane into a piping bag containing a 10 mm plain tube then pipe a column of paste over the jam.
5. Place the second strip of pastry over each strip, press down and notch the edge to seal.
6. Egg wash and score the top crossways with a knife to decorate allow to rest for 1 hour.
7. Bake in an oven at 190°C for 45 minutes.
8. Remove from the oven, dust the surfaces with icing sugar and replace in the oven to glaze for 2 to 3 minutes.
9. Remove from the oven, transfer to a pastry wire and allow to cool then cut into portions.

18. ECCLES CAKES

10 CAKES

Ingredients

Currants	50 g
Cake crumbs	150 g
Mixed peel	10 g
Syrup	50 g
<u>Puff pastry trimmings</u>	600 g
Caster sugar	100 g
Mixed spice	5 g

Method

1. Roll out the puff pastry trimmings 3 mm thick and cut into rounds using a 10 cm plain pastry cutter.
2. Warm the syrup in a saucepan, add all the dry ingredients except the caster sugar and bind together.
3. Place 25 g of the mixture into the centre of each round of pastry.
4. Wet the edges of the pastry, bring the edges together into the centre to form a medallion shape.
5. Turn over the cakes and carefully flatten them with a rolling pin keeping a regular shape.
6. Brush the upper surface with water then dip into the caster sugar.
7. Place onto baking trays and make 2 or 3 incisions with the point of a knife.
8. Bake in an oven 175°C for 25 minutes or until golden brown.
9. Remove from the oven and transfer to a pastry wire to cool.

19. FRUIT SLICE (USING TINNED FRUIT)

Ingredients

<u>Puff pastry</u>	300 g
Tinned fruit	400 g
<u>Pastry cream</u>	250 ml
Egg	1
<u>Apricot glaze</u>	250 ml

Method

1. Prepare the fruit by draining well and slicing if necessary.
2. Prepare an apricot glaze.
3. Roll out the puff pastry 3 mm thick and cut into strips 9 cm wide.
4. Cut 2 x 15 mm bands from each of the strips of pastry.
5. Egg wash the long edge of each strip and place a band on each edge.
6. Lightly prick the inside length of the strip with a fork.
7. Egg wash the whole strip and allow to stand for 1 hour.
8. Bake in an oven at 230°C for 20 minutes. Remove from the oven and transfer to a pastry wire to cool.
9. When cool pour the hot pastry cream along the centre of each strip.
10. Arrange the prepared fruit neatly on the pastry cream.
11. Re-boil the apricot glaze and mask over the fruit. Allow to set then cut into portions.

20. JALOUSIE

Ingredients

<u>Puff pastry</u>	625 g
Red jam	200 g
Icing sugar	75 g
Egg	1

Method

1. Roll out the puff pastry 3 mm thick and cut into oblong strips 8 cm wide.
2. Place half the strips on a clean baking sheet and egg wash the edges.
3. Using greaseproof paper piping bag pipe a little jam down the centre of each strip.
4. Fold the remaining strips in half lengthways and cut slits through the folded edge at 6 mm spaces, to within 13 mm of the far edge.
5. Carefully unfold then roll up lengthways. Place over the other strip and unroll over the jam. Press down and notch the edges to seal.
6. Egg wash and allow to stand in a cool place for 1 hour then bake in an oven at 220°C for about 40 minutes.
7. Remove from the oven, dust with icing sugar and return to the oven to glaze.

21. JAM PUFFS

10 PUFFS

Ingredients

<u>Puff pastry</u>	625 g
Jam	100 g
Caster sugar	100 g

Method

1. Roll out the puff pastry 3 mm thick and cut into 8 cm rounds.
2. Carefully roll out each one to form a triangle 15 cm on each side.
3. Place 10 g of jam (preferably red) in the centre of each pastry triangle, moisten the edges with a little water and fold over.
4. Turn over so that the joins are underneath, brush the top surface with a little water then dip each turnover in caster sugar.
5. Place onto baking trays, allow to stand for 30 minutes then bake in an oven at 190°C for 30 minutes.
6. Remove from the oven and transfer to a pastry wire to cool.

22. MILLE FEUILLE SLICE

Ingredients

<u>Puff pastry</u>	625 g
<u>Fondant icing</u>	200 g
<u>Apricot glaze</u>	25 g
<u>Pastry cream</u>	150 g
Red jam	50 g

Method

- Roll out the puff pastry 3 mm thick then cut into 3 equal lengths 65 mm wide.
- Gather the trimmings and roll out 3 mm thick (shape is not important as this will be crumbled and used for covering the sides of the cooked slice).
- Prick the pastry with a fork, place onto baking sheets and allow to rest for 20 minutes. Bake in an oven at 220°C until crisp and golden brown.
- When cooked, remove from the oven and place onto a table upside down, press lightly with the hot tray and leave to cool and set.
- Take the slice made from the pastry trimmings crumble it into flakes and put to one side. If necessary trim the other slices to correct their shape.
- To assemble the slice select the best shaped layer for the top and put to one side. Spread jam on one layer, place the second layer on top then spread this with cold pastry cream, retaining about one third for spreading onto the sides. Place the remaining layer of pastry upside down onto the top of the other 2 slices to present a good flat surface.
- Brush over the top with boiling apricot glaze.
- Warm the fondant in a bain-marie, take out a small quantity and put half into each of 2 separate containers. Colour one chocolate, one pink. Fill 2 piping bags made from greaseproof paper with the coloured fondants.
- While the remaining fondant is still warm, spread it evenly over the top of the slice then immediately pipe alternate lines (about 12 mm apart) of chocolate and pink fondant along the length of the slice.
- Using the back of a knife and wiping between each stroke, pull the knife backwards and forwards across the piped lines at approximately 25 mm intervals to create a marbled effect.
- Spread the sides of the slice with the remaining pastry cream, cover with the crumbled flakes of pastry and cut into portions.

Notes:

- Whipped fresh cream flavoured with vanilla can be used as an alternative to pastry cream.
- Roasted almonds can be used in place of crumbled puff pastry trimmings.

23. PALMIERS

10 PORTIONS

Ingredients

<u>Puff pastry</u>	625 g
Caster sugar	150 g
Red jam	50 g
Cream	150 ml
Butter	50 g

Method

- Grease baking trays with butter.
- Roll out the puff pastry 3 mm thick into a rectangle 40 cm x 27 cm using caster sugar in place of flour for dusting.
- Starting from each end, fold the paste into 3 layers to finish at the centre. Fold both 3 layered ends to make 6 layers in all.
- Cutting across the layers, cut 20 slices x 15 mm thick. Place onto the greased baking trays about 75 mm apart, with the cut side showing the fold uppermost.

- Allow to rest for 1 hour.
- Bake in an oven at 200°C until just tinged with colour and half cooked. At this stage, turn each palmier over glaze with caramelized sugar and continue baking to golden colour.
- Remove from the oven and transfer to a pastry wire to go completely cold.
- To finish the pastry, place a little jam on one palmier and sandwich with another using whipped cream.

SCONES

24. BASIC SCONE MIX

10 SCONES

Ingredients

Flour	250 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch

Method

- Sieve together the flour, baking powder and salt into a bowl.
- Dissolve the sugar in the cold milk.
- Rub the margarine into the flour to obtain a mix to a fine sandy mixture.
- Make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
- Roll out 15 mm thick and cut into rounds with a 5 cm plain cutter.
- Place on the greased baking trays and allow to rest for 20 minutes.
- Brush with egg wash and bake in an oven 220°C for 20 minutes.
- Remove from the oven and transfer to a pastry wire to cool.

25. MILK SCONES

10 SCONES

Ingredients

Flour	250 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch
Egg	1

Method

- Grease baking tray.
- Sieve together the flour, baking powder and salt into a bowl.
- Dissolve the sugar in the cold milk.
- Rub the margarine into the flour to obtain a fine sandy texture.
- Make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
- Roll out 15 mm thick and cut into rounds with a 5 cm plain cutter.
- Place on the greased baking trays and allow to rest for 20 minutes.
- Brush with egg wash and bake in an oven at 220°C for 20 minutes.
- Remove from the oven and transfer to a pastry wire to cool.

26. RICH TEA SCONES

10 SCONES

Ingredients

Flour	250 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch
Egg	1

Method

1. Grease baking trays.
2. Sieve together the flour, baking powder and salt into a bowl.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the flour to obtain a fine sandy texture.
5. Make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
6. Divide the dough into 10 pieces and mould into balls.
7. Press flat and roll out to 15 mm thickness. Place onto the baking trays and allow to rest for 20 minutes.
8. Brush with egg wash and bake in an oven at 220°C for 10 minutes until half cooked. Then turn over to finish cooking, a total cooking time of between 15 and 20 minutes.
9. Remove from the oven and transfer to a pastry wire to cool.

27. SULTANA SCONES

12 SCONES

Ingredients

Flour	300 g
Sugar	60 g
Margarine	60 g
Baking powder	20 g
Milk	150 ml
Salt	pinch
Egg	1
Sultanas	50 g

Method

1. Grease baking trays.
2. Sieve together the flour, baking powder and salt into a bowl.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the flour to obtain a fine sandy texture.
5. Add the fruit, make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
6. Divide the dough into 3 pieces and mould into balls.
7. Flatten and roll out 150 mm in diameter. Place onto the greased baking trays and cut into 4 at right angles.
8. Allow to rest for 20 minutes. Brush with egg wash and bake in an oven at 220°C for 25 minutes.
9. Remove from the oven and transfer to a pastry wire to cool. Separate into 12 pieces for service.

28. DROP SCONES

10 SCONES

Ingredients

Flour	200 g
Sugar	15 g
Baking powder	10 g
Milk	200 ml
Salt	pinch
Eggs	2

Method

1. Sieve together the flour, baking powder and salt into a bowl.
2. Dissolve the sugar in the cold milk then add the eggs.
3. Make a bay in the dry mix, add the egg, milk and sugar mixture and beat to a smooth batter with a spoon.
4. Grease and heat a griddle plate, thick frying pan or bratt pan and drop on sufficient mixture to form a round 80 mm in diameter.
5. Cook on both sides turning with a palette knife or slice.
6. Serve hot immediately.

29. OATMEAL SCONES

10 SCONES

Ingredients

Flour	125 g
Oatmeal	125 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch

Method

1. Grease baking trays.
2. Sieve together the flour, baking powder and salt into a bowl then mix in the oatmeal.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the dry mix, add the milk and sugar and mix to a smooth texture.
5. Roll out 15 mm thick and cut into rounds with a 5 mm plain cutter.
6. Place on the greased baking trays and allow to rest for 20 minutes.
7. Brush with egg wash and bake in an oven at 220°C for 25 minutes.
8. Remove from the oven and transfer to a pastry wire to cool.

Note: Oatmeal is made from ground whole oat grains and is available in various grades. Medium ground oatmeal is the grade required for oatmeal scones as this will combine well with the flour, other grades are too fine or coarse.

30. BATTENBURG SLICE

Ingredients

<u>Genoise sponge mix</u>	600 g
Vanilla essence	few drops
Red Food colouring	few drops
Raspberry flavouring	few drops
<u>Apricot glaze</u>	150 g
Caster sugar	100 g

Method

1. Prepare and bake 2 Genoese sponges, one plain white colour and vanilla flavoured the other coloured pink and raspberry flavoured.
2. When cold, remove the skin or crust from the top and bottom halves of each of the sponges with a sharp knife.
3. Sandwich the 2 sponges together with apricot glaze.
4. Cut into 2 cm wide strips. Using apricot glaze, sandwich the strips together in alternating colours; white to pink to form a chequerboard pattern.
5. Roll out the marzipan 2 mm - 3 mm thick and correct the width to cover the sides of the sponge, allowing for a little trimming.
6. Spread the marzipan with apricot glaze, lay the sponge onto the marzipan at one end and roll it over so that it picks up the paste and becomes completely enveloped. Trim off any surplus marzipan and completely seal the open edge.
7. Keeping the cut edge to the bottom, crimp the 2 top edges with the fingers or a marzipan crimper.
8. For service cut into 15 mm slices.

31. FONDANT SLICE

Ingredients

<u>Genoise sponge mix</u>	600 g
<u>Apricot glaze</u>	250 g
Jam (apricot or raspberry)	200 g
<u>Butter cream</u>	200 g
<u>Marzipan</u>	200 g
<u>Fondant icing</u>	400 g
Various flavourings as required	
Various colourings as required	
Caster sugar	100 g

Method

1. Prepare and bake the Genoese sponge adding the required flavouring and colouring.
2. When cold remove the skin or crust from the top of the sponge with a knife.
3. Flavour and colour the fondant as desired and prepare the jam for spreading.
4. Cut the sponge in half lengthways.
5. Spread the prepared jam onto one half then sandwich the 2 slices together.
6. Roll out the marzipan 2 mm thick. Spread the top of the sponge with hot apricot glaze and place the marzipan on top.
7. Place the sponge onto a pastry wire, brush the top with hot apricot glaze and pour over the prepared fondant to cover the top and the sides.
8. When set, decorate as desired and cut into portions for service.

Notes: The top of the finished slice may be decorated in a variety of ways. Some suggested ingredients are:

- a. Glace cherries
- b. Angelica
- c. Crystalized violets or rose petals
- d. Marzipan fruits
- e. Chocolate run-outs
- f. Chocolate line or decorative work
- g. Fondant line or decorative work
- h. Whole or split roasted nuts

32. ICED GENOESE FANCIES

Ingredients

<u>Genoise sponge mix</u>	600 g
<u>Apricot glaze</u>	150 g
Jam (apricot or raspberry)	100 g
<u>Butter cream</u>	200 g
<u>Marzipan</u>	200 g
<u>Fondant icing</u>	400 g
Various flavourings as required	
Various colours as required	
Caster sugar	100 g

Method

1. Prepare and bake the Genoese sponge.
2. When cold, remove the skin or crust from the top of the sponge with a knife.
3. Flavour and colour the fondant as desired and prepare the jam for spreading.
4. Cut the sponge into 2 layers, spread one layer with jam and sandwich the 2 layers together.
5. Roll out the marzipan 2 mm thick. Spread the top of the sponge with hot apricot glaze and place the marzipan on top.
6. The sponge can now be cut into a variety of shapes: oblongs, triangles, diamonds or medallion shapes.
7. Place these onto a pastry wire, brush the tops with hot apricot glaze and pour on the prepared fondant to cover the top and sides of the cakes.
8. Allow to set and decorate as desired.

Note: The tops of the finished fancies may be decorated in a variety of ways. Some suggested ingredients are:

- a. Glace cherries
- b. Angelica
- c. Crystalized violets or rose petals
- d. Marzipan fruits
- e. Chocolate run-outs
- f. Chocolate line or decorative work
- g. Fondant line or decorative work
- h. Whole or split roasted nuts

Petit fours may be made in the same way, but should be cut smaller and be of similar size to chocolate sweets.

33. SWISS TARTLETS

Ingredients

<u>Sponge trimmings</u>	500 g
(assorted colours)	
<u>Apricot glaze</u>	250 g
<u>Puff pastry trimmings</u>	300 g
Jam	100 g
<u>Water icing</u>	200 g

Method

1. Roll out the puff pastry trimmings 2 mm thick cut into medallion shapes using a 40 mm plain cutter and line the tartlet moulds. Place a small quantity of jam in the centre of each one.
2. Roughly dice the sponge trimmings, heat the apricot glaze and lightly combine the 2 together.
3. Fill the tartlets with the sponge mixture and bake in an oven at 175°C for 1 hour.
4. Prepare the water icing.
5. Remove the tartlets from the oven and allow to cool. When cold, brush over with the hot apricot glaze and then the water icing. Allow to set then serve.

SWEET SHORT PASTRY

34. ALMOND SLICE

Ingredients

<u>Sweet pastry</u>	450 g
Granulated sugar	75 g
Caster sugar	75 g
Ground rice	10 g
Ground almonds	75 g
Flaked almonds	25 g
Egg	1
Raspberry jam	25 g
Water	15 ml

Method

1. Lightly grease baking trays.
2. Roll out the sweet pastry 5 mm thick and cut into strips 65 mm wide.
3. Crimp the edges and place onto the baking trays. Spread a thin layer of raspberry jam down the centre of each strip.
4. Separate the egg white from the yolk. Mix together the ground almonds, ground rice, caster sugar and granulated sugar together in a bowl. Add one egg white and the water and beat together.
5. With a piping bag containing a 20 mm plain tube pipe the almond paste along the centre of the prepared pastry strips.
6. Sprinkle with flaked almonds and bake in an oven at 175°C for 45 minutes.
7. Remove them from the oven, allow to cool then cut into portions for service.

35. NELSON SLICE

Ingredients

<u>Puff pastry trimmings</u>	200 g
<u>Short pastry</u>	600 g
<u>Leftover cake</u> (sponge or fruit cake or a mixture of both)	300 g
Chopped mixed peel	25 g
Currants	50 g
Sultanas	50 g
Mixed spice	5 g
Caster sugar	10 g
Jam	100 g
Milk	50 ml

Method

1. Roll out the puff pastry trimmings very thinly and place to one side.
 2. Roll out the short pastry 3mm thick and use this to line a shallow baking tray. Prick the pastry all over with a fork then spread with a very small amount of the jam.
 3. Break up the stale cake into small pieces, add the dried fruit, mixed peel, mixed spice and the remainder of the jam. Mix together adding a little of the milk to moisten if the mixture is too dry. Spread a thin layer of the mixture onto the pastry.
 4. Place the rolled out puff pastry on the top of the filling, prick with a fork and mark out into portions with a knife. Brush over with water, dust with caster sugar and bake in an oven at 175°C for 1 hour.
 5. When cooked, remove from the oven and cut into portions.
36. APPLE TARTLETS
20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
<u>Cooking apples</u>	800 g
<u>Sugar</u>	50 g
<u>Apricot glaze</u>	100 g

Method

1. Line tartlet moulds with the sweet pastry.
2. Peel and core the apples and place into water.
3. Cut three quarters of the peeled apples into quarters and cook them in a saucepan with the sugar and a little water.
4. Pass the cooked apples through a sieve then divide between the tartlets.
5. Slice the remaining raw apples thinly and arrange them neatly on top of the apple puree.
6. Bake in an oven at 200°C for 20 minutes.
7. Boil the apricot glaze. Remove the tartlets from the oven and brush with the boiling glaze.
8. Allow to stand for a few minutes then remove the tartlets from the moulds and transfer to a pastry wire to cool.

Note: Due to their high acid content, cooking apples tend to discolour when peeled. To help prevent this, lemon juice or salt can be added to the water into which the apples are to be placed prior to use. If using salt, ensure that the apples are washed thoroughly before cooking.

37. BAKEWELL TARTLETS
20 TARTLETS*Ingredients*

<u>Sweet pastry</u>	500 g
<u>Apricot glaze</u>	100 g
Red jam	100 g
<u>Water icing</u>	200 g
Margarine	125 g
Caster sugar	125 g
Flour	125 g
Cake crumbs	125 g
Eggs	3
Lemon	1
Almond essence	

Method

1. Line the tartlet moulds with the sweet pastry, retaining some of the rolled out pastry for decorating the tops.
 2. Grate the rind and squeeze the juice from the lemon, place to one side.
 3. Cream together the sugar and margarine in a basic, add the eggs one at a time beating vigorously.
 4. Add the grated lemon rind, lemon juice and the almond essence.
 5. Fold in the flour and the cake crumbs.
 6. Using a piping bag with a 10 mm plain tube pipe the Bakewell mixture into the tartlet cases to within 5 mm of the top.
 7. Using the retained sweet pastry, cut strips of 5 mm width and sufficient length to fit the tartlet tops. Place a cross on top of each tartlet.
 8. Bake in an oven at 175°C for 25 minutes.
 9. Remove from the oven, brush with boiling apricot glaze and coat with water icing.
38. CONGRESS TARTLETS
20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g

Granulated sugar	75 g
Ground rice	5 g
Ground almonds	75 g
Eggs	2
Raspberry jam	100 g
Caster sugar	75 g

Method

1. Line the tartlet moulds with the sweet pastry and crimp up the edges. Retain a little of the rolled out pastry for decorating the tops.
2. Using a greaseproof paper piping bag put a little raspberry jam into each tartlet.
3. Separate the egg whites from the yolks and mix the whites together with the granulated sugar, ground almonds and ground rice.
4. Divide the mixture equally between the tartlet moulds.
5. Using the retained sweet pastry, cut strips to 5 mm width and sufficient length to fit the tartlets. Place a cross on top of each tartlet.
6. Dust with caster sugar and bake in an oven at 150°C for 30 minutes.

39. FRANGIPANE TARTLETS 20 TARTLETS

Ingredients

Sweet pastry	500 g
<u>Almond filling</u> (frangipane)	250 g
Red jam	100 g
<u>Apricot glaze</u>	100 g
<u>Water icing</u>	200 g

Method

1. Line the tartlet mould with the sweet pastry.
2. Using a greaseproof paper piping bag put a little raspberry jam into the bottom of each tartlet.
3. Using a piping bag with a 10 mm plain tube put the almond filling into the tartlets to within 5 mm of the top.
4. Bake in an oven at 175°C for 25 minutes.
5. Remove from the oven and brush with boiling apricot glaze.

40. FRUIT TARTLETS 20 TARTLETS

Ingredients

Sweet pastry	500 g
Pastry cream	250 ml
<u>Apricot glaze</u>	200 g
Fruit (tinned or fresh) as required	

Method

1. Line the tartlet moulds with sweet pastry, fill with blind bake mix and bake in an oven at 175°C until cooked to a golden colour.
2. When cooked remove the blind bake mix then fill each tartlet cake three quarters full with pastry cream.
3. Arrange the fruit on top of the pastry cream, decorate or colour as desired then mask over the fruit with boiling apricot glaze.

Notes:

1. Various tinned or fresh fruits may be used in the making of fruit tartlets. The fruit may also be decorated with cherries or angelica or coloured to enhance its appearance.

Tinned Fruit

- a. **Peaches or Pears.** Drain the fruit well. Cut the fruit into fans or thin slices and arrange on top of the tartlets. A tinge of red or green may be given to the fruit with the use of

a little diluted food colouring. Glaze with boiling apricot glaze.

- b. **Cherries.** Drain the fruit well, remove the stones but leave the fruit whole. Arrange on top of the tartlets then glaze with boiling red coloured apricot glaze.

- c. **Apricots.** Drain the fruit well. Place a half apricot on each tartlet and tint lightly with diluted red food colouring. Glaze with boiling apricot glaze.

- d. **Pineapple.** Drain the fruit well and cut into thin fans or leave in wedges. Arrange on top of the tartlets then glaze with boiling apricot glaze.

- e. **Mandarin Oranges.** Drain the fruit well. Arrange the segments on the tartlets then glaze with boiling apricot glaze.

Fresh Fruit

- a. **Bananas.** Peel and slice the banana 3 mm thick. Arrange the slices neatly on each tartlet then glaze with boiling apricot glaze.

- b. **Strawberries.** Clean the fruit and slice in half. Arrange the fruit on top of the tartlets then glaze with boiling red coloured apricot jam.

- c. **Raspberries.** Pick over the fruit to remove any stalks and leaves, leave the fruit whole. Arrange to top of the tartlets then glaze with boiling red coloured apricot glaze.

41. JAM TARTLETS 20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
Jam	300 g

Method

1. Line the tartlet moulds with sweet pastry.
2. Put 15 g of jam into each tartlet case and allow to rest for 10 minutes.
3. Bake in an oven at 200°C for 20 minutes. If necessary the jam may be thinned by addition of a little water.
4. Remove from the oven and allow to stand for 5 minutes before transferring the tartlets from the tray onto a pastry wire.

42. LEMON TARTLETS 20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
Lemon curd	300 g

Method

1. Line the tartlet moulds with the sweet pastry.
2. Put 15 g of lemon curd into each tartlet and allow to rest for 10 minutes.
3. Bake in an oven at 200°C for 20 minutes.
4. Remove from the oven and allow to stand for 5 minutes before transferring the tartlets from the tray onto a pastry wire.

PART 3 - PASTRY

CHAPTER THIRTY

Gateau/Torte

PUFF		SWISS ROLL	
1.	Mille feuilles	16.	Plain
2.	Pithivier	17.	Chocolate
GATEAUX		18.	Yule log
3.	Basic mix	TORTEN (BASES)	
4.	Coffee	19.	Dobos
5.	Praline	20.	Japonaise
6.	Springtime	21.	Sable
7.	Chocolate walnut	22.	Vanilla sponge
8.	Ginger	23.	Chocolate sponge
9.	Monte Carlo	(FILLINGS)	
10.	Cherry	24.	Bavarois
11.	Coffee acorn	25.	Butter cream
12.	Marzipan fruits	26.	Fresh creams
13.	Fresh cream	27.	Dobos
SANDWICH		28.	Sacher
14.	Chocolate		
15.	Victoria		

PUFF PASTRY GOODS

1. GATEAU MILLE FEUILLES

Ingredients

<u>Puff pastry</u>	300 g
<u>Fondant icing</u>	200 g
<u>Apricot glaze</u>	50 g
<u>Pastry cream</u>	150 g
<u>Red jam</u>	50 g

Method

1. Roll out the puff pastry 3 mm thick then cut it into 3 rounds each 180 mm in diameter.
2. Gather the trimmings and roll out 3 mm thick. This will be crumbled after baking, and used for decorating the sides of the cooked gateau.
3. Prick the pastry with a fork. Place onto baking sheets and allow to rest for 20 minutes. Bake in an oven at 220°C until crisp and golden brown.
4. Remove from the oven and place onto a table upside down, press lightly with the hot tray and leave to set and cool.
5. Crumble the cooked trimmings into flakes and put on one side. If necessary, trim the rounds to correct their shape.
6. To assemble the gateau, select the best shaped round for the top and put to one side. Spread jam on one round, place the second round on top then spread this with pastry cream, retaining about one third for coating the sides. Place the retained round of pastry upside down onto the top of the other 2 rounds to present a flat surface.
7. Brush over the top with boiling apricot glaze.
8. Warm the fondant in a bain-marie then place a small quantity into each of 2 separate containers and colour one chocolate, one pink. Fill piping bags made from greaseproof paper with the coloured fondant.
9. Spread the remaining white fondant evenly over the top of the round and immediately pipe lines 12 mm apart across the surface alternating between chocolate and pink.
10. Pull the back of the knife across the lines at approximately 25 mm intervals then turn the gateau around and repeat the process from the opposite direction to create a marbled or feathered effect.
11. Coat the side of the gateau with the remaining pastry cream and cover this with the crumbled flakes of pastry.
12. Present on a doily covered tray or plate for service.

Notes:

1. Whipped fresh cream flavoured with vanilla can be used as an alternative to pastry cream.
2. Flaked roasted almonds can be used in place of crumbled puff pastry trimmings.

2. GATEAU PITHIVIER 10 PORTIONS

Ingredients

Puff pastry	500 g
Almond filling (frangipane)	500 g
Icing sugar	50 g
Egg	1

Method

1. Roll out a little less than half the pastry to a thickness of 2 mm and cut into a round 150 mm in diameter. This will form the base of the gâteau.
2. Roll out the remainder of the pastry to a thickness of 3 mm and cut into a round 160 mm in diameter. This will form the top of the gâteau.
3. Place the base onto a baking tray. Egg wash the edge then prick with a fork. Put the almond filling in the centre to form a pyramid, to within 2.5 mm of the edge of the pastry.
4. Cover with the other round and crimp the edges together.
5. Using a sharp knife, cut 8 curved slits from the centre to within 2.5 mm of the edge in the top layer of pastry.
6. Egg wash the top and allow to rest for 30 minutes.
7. Bake in an oven at 180°C for 45 minutes.
8. Remove from the oven, dust with icing sugar then return to the oven to finish cooking and also to allow the sugar to melt and glaze the top.

GATEAU

3. BASIC GATEAU MIX 8 PORTIONS

Ingredients

Flour	125 g
Eggs	4
Caster sugar	125 g
Butter	50 g

Method

1. Grease the cake tin and line it with greaseproof paper.
2. Warm the butter in a saucepan to clarify it.
3. Place the eggs and sugar into a hand bowl or basin and whisk vigorously over a saucepan half full of water until it forms a ribbon like texture.
4. Remove from the heat and continue whisking until the mixture has cooled and increased in volume by about 6 times.
5. Lightly fold in the flour with a metal spoon.
6. Add the clarified butter mixing in as little as possible consistent with the fully incorporated butter.
7. Place the mixture into the prepared cake tin and bake in an oven at 160°C for 30 minutes.
8. Remove from the oven and allow to cool slightly before turning out onto a pastry wire. Allow to cool and set before removing the greaseproof paper.

Notes:

1. In sponge making, the egg is whisked with sugar until thick and light. The flour is then carefully incorporated to prevent the structure breaking down. Aeration of the sponge is achieved solely by air being trapped by the egg during the beating process.
2. Sterilising the mixing bowl and whisk in boiling water will remove any trace of fat or oil. This is particularly important as any fat present will inhibit the aeration of the egg and prevent a perfect sponge being achieved.
3. All ingredients should be accurately weighed as any imbalance of ingredients will adversely affect the production of the sponge.
4. When whisking the egg and sugar over hot water care must be taken to ensure that the water does not boil or touch the bottom of the hand bowl, conversely if the water becomes too cool it will not provide enough heat to lift the mixture.
5. The flour must be carefully folded into the eggs and sugar in a way in which it will not damage the very light structure which has been built up in the whisking process. Gently lift the flour through the sponge whilst at the same time turning the bowl.
6. Similar care must be taken when adding the butter to the sponge mixture as the butter will tend to break down the structure of the sponge.

BUTTER CREAM GATEAU VARIETIES

4. COFFEE GATEAU

Ingredients

Coffee essence	50 ml
<u>Butter cream</u>	500 g
Flaked roasted almonds	150 g

Method

Mix the coffee essence with the butter cream, roast the flaked almonds. Cut the sponge into 3 layers, spread with butter cream and reassemble. Cover the top and side with butter cream, decorate the side with the flaked almonds. mark out the top 8 portions then decorate neatly with piped stars or rosettes of coffee butter cream.

5. PRALINE GATEAU

Ingredients

Praline	150 g
<u>Butter cream</u>	500 g
Flaked roasted almonds	150 g

Method

1. Crush the praline and mix with the butter cream retaining a little for decorating the top of the gâteau; roast the flaked almonds.
2. Cut the sponge into 3 layers, spread with the butter cream and reassemble.
3. Cover the top and side with the butter cream, decorate the side with flaked almonds.
4. Mark out the top into 10 portions then decorate with rosettes of praline butter cream. Sprinkle each rosette with crushed praline. Whole almonds or hazelnuts dipped in caramel may be used for decorating the top of the gâteau.

6. SPRINGTIME GATEAU

Ingredients

Raspberry jam	50 g
<u>Butter cream</u>	500 g
Flaked roasted almonds	150 g
Vanilla essence	
Raspberry essence	
Chocolate flavouring	
Pistachio flavouring	
Green and red food colouring	

Method

1. Cut the sponge into 3 layers of equal thickness then reassemble it with jam and of butter cream, spread between each layer of sponge.
2. With the base of the sponge uppermost to present a level surface for decorating cover the top and side with butter cream then decorate the side with the flaked almonds.
3. Mark the top into 4 quarters and cover each quarter with small piped stars of butter cream in 4 different colours and flavourings.
4. The most popular flavours for this purpose are chocolate, vanilla, raspberry and pistachio.

DECORATING A FONDANT GATEAU

1. After cutting horizontally into 3 equal layers the sponge can be moistened with stock syrup, a liqueur or other suitable flavouring.
2. Each layer is then spread with the appropriate flavour of butter cream and if the recipe requires can be sprinkled with finely chopped nuts, fruit or other ingredients.
3. The sponge is then reassembled the base uppermost to present a flat surface on which to apply the fondant.
4. Once the fondant has been coloured and flavoured the top of the sponge should be sealed by brushing with boiled apricot glaze. The side can then be coated with butter cream and the sponge set onto a cake board.
5. When icing the top of the sponge a collar should be placed around the top to help to retain the fondant. The collar can be of card, greaseproof or waxed paper, fixed with tape and no more than 3 mm above the top of the sponge. When attached, pour fondant onto the top of the sponge and spread out, with the aid of a palette knife, to the edge and against the collar.
6. Tap the cake board on the work bench to level the fondant. Remove any air bubbles instantly by pricking with a pin. Place the sponge on a level surface and leave to set after which the collar can be removed.
7. Using a greaseproof paper piping bag containing suitably coloured fondant, outline the portion sizes required in fine lines on the top of the gâteau. Complete the decoration with the appropriate garnish.
8. Decorate the side according to the individual recipe with any of the following:
 - a. Rectangles of chocolate couverture and roasted nib almonds.
 - b. Lady finger biscuits, with tips dipped in chocolate.
 - c. Cats tongues, with tips dipped in chocolate and tied with a ribbon of contrasting colour.

FONDANT GATEAU VARIETIES

7. CHOCOLATE WALNUT GATEAU

Ingredients

<u>Butter cream</u>	150 g
<u>Fondant icing</u>	300 g
<u>Apricot glaze</u>	50 g
Chocolate couverture	200 g
Walnut halves	12
Chopped walnuts	25 g
Chocolate food colouring to colour	
Nib almonds	150 g

Method

1. Use the basic gateau sponge recipe but substitute 10 g of cocoa powder for 10 g of flour.
2. Melt 50 g of chocolate couverture and combine with the butter cream. Adjust the colour with chocolate colouring.
3. Cut the sponge into 3 equal layers then reassemble with a layer of butter cream and chopped walnuts between each layer of cake.
4. Turn the sponge upside-down to present a flat surface and brush the top with boiling apricot glaze then place it onto a cake board.
5. Coat the side with chocolate butter cream.
6. Melt the remaining chocolate couverture. Add 50 g to the fondant, adjust the colour and consistency. Spread the remaining chocolate in a thin layer onto greaseproof paper, to allow to set then cut into rectangles 25 cm x 20 cm.
7. Coat the top of the sponge with chocolate fondant.
8. Place the chocolate rectangles around the side of the sponge level with the top edge then cover the remaining lower edge with toasted nib almonds.
9. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau then complete the decoration by piping dots of fondant round the top edge and place a walnut half onto each portion.
8. GINGER GATEAU

Ingredients

<u>Butter cream</u>	200 g
Stem ginger	100 g
<u>Apricot glaze</u>	50 g
<u>Fondant icing</u>	300 g
Nib almonds	150 g
Chocolate couverture	100 g
Ginger flavouring	few drops
Yellow food colouring	few drops

Method

1. Flavour the butter cream with ginger flavouring. Cut out 12 heart shaped pieces of stem ginger and glaze with boiling apricot glaze then roughly chop the remainder.
2. Cut the sponge into 3 equal layers and reassemble with a layer of butter cream and chopped ginger between each layer of sponge.
3. Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze and place it onto a cake board.
4. Coat the side with ginger butter cream.
5. Warm the fondant, add the ginger flavouring and a little yellow colouring. Pour over the top of the sponge and allow to set.
6. Warm the chocolate couverture and spread a thin layer onto greaseproof paper, allow to set then cut it into rectangles 25 cm x 20 cm.
7. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau then complete the decoration by piping dots of fondant round the top edge and placing a heart shaped piece of ginger on each portion.
8. Place the chocolate rectangles around the side of the sponge level with the top edge then decorate the remaining lower edge with toasted nib almonds.

9. GATEAU MONTE CARLO

Ingredients

<u>Butter cream</u>	200 g
<u>Fondant icing</u>	300 g
<u>Apricot glaze</u>	50 g
Nib almonds	150 g
Glaze cherries	3
<u>Praline</u>	400 g

Method

1. Prepare the praline and allow to cool. Roll out 3 mm thick. Cut into strips 25 mm wide and 300 mm long. Cut the strips into rectangles 20 mm long. This will produce about 30 rectangles which will be used for decorating the side of the gâteau.
2. Cut another strip 65 mm wide and from this cut 12 triangles with a 20 mm base. Set these over an oiled rolling pin to form a curved shape.
3. Allow the remaining praline to become cold, crush then shake through a sieve to obtain a fine texture. Mix 50 g of this with the butter cream.
4. Cut the sponge into 3 equal layers and reassemble with butter cream between each layer of sponge.
5. Turn the sponge upside down to present a flat surface and brush the top with boiling apricot glaze then place it on a cake board.
6. Cover the side with praline butter cream then spread white fondant over the top of the sponge and allow it to set.
7. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gâteau then complete the decoration by piping dots of fondant around the top edge.
8. Arrange the praline rectangles around the upper half of the side and cover the remainder of the side with toasted nib almonds.
9. Place the triangles of praline on the top of the gâteau with the base outwards and the point inwards so that the curve of the praline forms a hoop. Decorate with small rounds of glaze cherries.

10. CHERRY GATEAU

Ingredients

<u>Butter cream</u>	200 g
<u>Fondant icing</u>	300 g
<u>Apricot glaze</u>	50 g
Glaze cherries	50 g
Maraschino cherries	50 g
Angelica	25 g
Chocolate couverture	50 g
<u>Cats tongue biscuits mix</u>	300 g
Cherry flavouring	
Red food colouring	

Method

1. Prepare and cook the cats tongues and allow to cool.
2. Flavour the butter cream with cherry flavouring, finely chop the maraschino cherries.
3. Cut the sponge into 3 layers and reassemble with a layer of cherry butter cream and maraschino cherries, between each layer of sponge.
4. Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze then place it on a cake board.
5. Cover the side with cherry butter cream. Colour the fondant pink then spread it over the top of the sponge and allow to set.
6. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gâteau then complete the decoration by piping dots of fondant around the top edge.
7. Using chocolate couverture, pipe a line in the centre of each section to represent cherry stalk then place a round of glaze cherry at the tip of each stalk. Cut the angelica into small diamonds and place on the base of the stalk to represent a leaf.
8. Dip the rounded ends of the cats tongues in melted chocolate and place neatly around the side of the gâteau. Tie a ribbon of a complimentary colour around the gâteau and finish with a neat bow.

11. COFFEE ACORN GATEAU

Ingredients

<u>Fondant icing</u>	300 g
<u>Butter cream</u>	200 g
<u>Apricot glaze</u>	50 g
<u>Marzipan</u>	100 g
Chocolate couverture	150 g
Nib almonds	150 g
Chocolate vermicelli	10 g

Coffee flavouring
Coffee food colouring

Method

1. Flavour the butter cream with coffee flavouring. Cut the sponge into 3 equal layers then reassemble with a layer of butter cream between each layer of sponge.
2. Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze then place it on a cake board.
3. Cover the side with coffee butter cream.
4. Warm the fondant, flavour it with coffee flavouring and tint to a coffee colour then spread it over the surface of the sponge and allow to set.
5. Melt the chocolate couverture and spread it in a thin layer onto greaseproof paper, allow to set then cut into rectangles 25 cm x 20 cm.
6. Colour the marzipan nut brown and mould into 12 acorn shapes. Dip the base of each acorn in melted chocolate then into chocolate vermicelli.
7. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gâteau and complete the decoration by piping dots of fondant around the top edge then placing an acorn on each portion.
8. Place the chocolate rectangles around the side of the sponge level with the top edge then cover the remaining lower edge with toasted nib almonds.

12. MARZIPAN FRUIT GATEAU

Ingredients

<u>Fondant icing</u>	300 g
<u>Butter cream</u>	200 g
<u>Apricot glaze</u>	50 g
<u>Marzipan</u>	200 g
Chocolate couverture	50 g
<u>Cats tongues biscuits mix</u>	300 g
Almond essence	
Various food colourings	
Various food flavourings	

Method

1. Prepare and cook the cats tongues and allow to cool.
2. Flavour the butter cream with almond essence. Cut the sponge into 3 equal layers, then reassemble with a layer of butter cream between each layer of sponge.
3. Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze then place it on a cake board.
4. Cover the side with almond butter cream. Colour the fondant pale green then spread it over the surface of the sponge and allow to set.
5. Colour the marzipan with the appropriate food colours and mould it into a variety of miniature fruits; oranges, apples, bananas, pears and peaches and a green leaf to place the fruit on, sufficient for a choice of 4 different fruits and a leaf for each of the portions.
6. Using a greaseproof paper piping bag outline the number of portions required in fine lines on the surface of the gâteau and complete the decoration by piping dots of fondant around the top edge and placing the marzipan fruit and leaf on each portion.
7. Dip the rounded ends of the cats tongues in melted chocolate and place them neatly around the side. Tie a ribbon of a complimentary colour around the gâteau and finish with a neat bow.

13. FRESH CREAM GATEAU (BLACK FOREST)

Ingredients

<u>Basic chocolate gâteau</u>	1
<u>Stock syrup</u>	140 ml
Bottle kirsch	1
<u>Whipped cream</u>	280 ml
Couverture	200 g
Black cherries	1 tin

Method

1. Flavour the stock syrup with kirsch, then cut the gâteau into 3 layers and lightly soak each one with the syrup.
2. Drain the black cherries thoroughly, spread the cake layers liberally with the whipped cream then cover with the black cherries retaining a small number for decorating the top.
3. Reassemble the gâteau and cover the top and sides with whipped cream then coat the sides with flaked chocolate.
4. Decorate the top with piped whipped cream, black cherries and chocolate embellishments.

SANDWICH

14. CHOCOLATE SANDWICH

Ingredients

Margarine	100 g
Caster sugar	100 g
Eggs	2
Flour	75 g
Cocoa powder	25 g
Baking powder	5 g
Butter cream	250 g
Chocolate flavouring	
Chocolate food colouring	

Method

1. Grease and flour 2 sandwich tins.
 2. Sieve together the flour, baking powder and cocoa powder.
 3. Cream together the margarine and sugar together until light and fluffy.
 4. Gradually add the eggs beating vigorously.
 5. Fold in the flour, baking powder and cocoa. Divide the mixture between the 2 sandwich tins and bake in an oven at 190°C for 15 minutes.
 6. Turn out onto a pastry wire to cool.
 7. Flavour and colour the butter cream. Cover the surface of one sponge sandwich with the chocolate butter cream and place the other sandwich on top.
 8. Dust with icing sugar, place on a doily covered dish and serve.
- ### 15. VICTORIA SANDWICH

Ingredients

Margarine	100 g
Caster sugar	100 g
Eggs	2
Flour	100 g
Baking powder	5 g
Jam	100 g

Method

1. Grease and flour 2 sandwich tins.
2. Sieve together the flour and baking powder.
3. Cream together the margarine and sugar.
4. Gradually add the eggs, beating vigorously.
5. Fold in the flour and baking powder. Divide the mixture between the 2 sandwich tins and bake in an oven at 190°C for 15 minutes.
6. Turn out onto a pastry wire to cool.
7. Cover the surface of one of the sponges with jam and place the other on top.
8. Dust with icing sugar, place on a doily covered dish and serve.

SWISS ROLL

16. SWISS ROLL

Ingredients

Flour	100 g
Caster sugar	100 g
Eggs	4
Red jam	150 g
Water	25 ml

Method

1. Grease a baking tray and line it with greaseproof paper.
2. Put the eggs and half the sugar into a bowl and whisk over a saucepan of hot water until the mixture thickens and forms ribbons.
3. Remove from the heat and continue whisking until the mixture is cold and has increased in volume six fold.
4. Bring the 25 ml of water to the boil and whisk into the mixture.

5. Fold in the flour with a metal spoon.
6. Pour the mixture into the prepared baking trays and bake in an oven at 220°C for 8 minutes.
7. Warm the jam. Dust a sheet of greaseproof paper with caster sugar.
8. Remove the sponge from the oven and turn it upside down onto the sugared paper. Remove the tray, brush the lining paper with water and peel it from the sponge.
9. Cover the sponge with the jam then roll up by pulling the sugared paper over the top of the sponge.
10. Allow to cool in the paper then slice into portions for service.

17. CHOCOLATE SWISS ROLL

Ingredients

Flour	75 g
Caster sugar	100 g
Eggs	4
Water	25 ml
Cocoa powder	25 g
Butter cream	200 g

Method

1. Sieve together the flour and cocoa powder.
2. Grease a baking tray and line it with greaseproof paper.
3. Place the eggs and the sugar into a hand bowl and whisk over a saucepan of hot water until the mixture thickens and forms ribbons.
4. Remove from the heat and continue whisking until the mixture is cold and has increased in volume six fold.
5. Bring the water to the boil and whisk into the mixture.
6. Lightly fold in the flour and cocoa mixture with a metal spoon.
7. Pour the mixture into the prepared baking tray ensuring that the mixture is to the edges and level. Bake in an oven at 220°C for 8 minutes.
8. Dust a sheet of greaseproof paper with caster sugar.
9. Remove the sponge from the oven and turn it upside down onto the paper. Remove the tray, brush the lining paper with water and peel it from the sponge.
10. Roll up the sponge by pulling the sugared paper over the top of the sponge. Allow to cool in the paper.
11. When the sponge is cold, carefully unroll it. Spread with butter cream then re-roll the sponge.
12. Slice into portions for service.

18. YULE LOG

Ingredients

Chocolate swiss roll	350 g
Butter cream	450 g
Chocolate couverture	100 g
Chocolate food colouring	
Icing sugar	50 g

Method

1. Prepare a chocolate swiss roll using chocolate butter cream as the filling.
2. Trim the sponge and cut from one edge a wedge at 45 degrees to form the branch on the log.
3. Melt the chocolate couverture to blood heat and beat this into approximately 400 g of butter cream, adjust the colour. Keep 50 g of butter cream plain for decoration.
4. Place the sponge roll onto a cake board. Stick the wedge of sponge to the side of the roll with a little chocolate butter cream.
5. Cover the whole surface neatly with the chocolate butter cream leaving the ends uncovered. Mark with a fork or scraper to resemble the bark of a tree.
6. Mask each end of the roll and the end of the branch with plain butter cream. Pipe a spiral of chocolate butter cream to stimulate the end grain and mark with the point of a knife to represent the line of a tree trunk.
7. Dust lightly with icing sugar and serve on a doily covered tray for service.

Note: Additional decoration can be used in the form of marzipan ivy leaves or mushroom shaped meringues to simulate fungus.

TORTEN (BASES)

INTRODUCTION

1. A torte is a type of cake widely popular on the European mainland and increasingly seen throughout the UK served as a sweet at buffets or as a pastry to be eaten with coffee or tea.
2. Torten can be produced in a variety of styles, textures, flavours and colours but the most common and popular type is a large sponge between 20 cm and 30 cm in diameter and between 6 cm and 8 cm deep, cut into layers, usually soaked with syrup and filled and decorated with whipped and flavoured cream and fruit which may be left whole or sliced as appropriate, all mounted onto a round of sweet paste or japonaise. Marzipan and some varieties of nuts are also popular decorations for torten.
3. Special items of equipment such as a torte collar can be purchased to help ensure a really high standard of production and precision is achieved.
4. The following section contains a selection of bases and recipes for torten. With imagination a wider variety of flavours and textures can be attempted.

19. DOBOS
12 PORTIONS

Ingredients

Eggs	7
Caster sugar	135 g
Flour	135 g
Double cream	60 ml
Butter	60 g
Lemon	1

Method

1. To yield 1 x 20 cm base.
2. Separate the egg yolks from the whites and discard 2 of the whites. Melt and clarify the butter. Remove the zest and squeeze the juice from the lemon.
3. Whisk the egg yolks, half the sugar and a few drops of lemon juice until stiff.
4. Whisk 5 egg whites to a stiff peak then fold in the remaining sugar and lemon zest.
5. Mix the double cream with the egg yolks and fold in two thirds of the egg whites.
6. Fold in the flour, then the remaining egg white and then the clarified butter.
7. Put the mixture into a greased and floured torte ring or sandwich tin. Bake in an oven at 180°C for 15 minutes then turn out onto a pastry wire to cool.

20. JAPONAISE
12 PORTIONS

Ingredients

Eggs	2
Caster sugar	125 g
Fine ground almonds	50 g
Cornflour	5 g

Method

1. To yield 1 x 20 cm base.
2. Separate the egg whites from the yolks.
3. Mix the ground almonds and cornflour together.
4. Whisk the egg whites to a stiff peak gradually rain in half the sugar continuing to whisk vigorously.
5. Fold in the remaining sugar and the ground almonds and cornflour.
6. Put the mixture into a greased and floured torte ring or sandwich tin. Bake in an oven at 150°C until cooked without colour then turn out onto a pastry wire to cool.

21. SABLE
12 PORTIONS

Ingredients

Flour	300 g
Butter	200 g
Caster sugar	100 g
Egg 1	
Vanilla essence	
Lemon	1
Orange	1

Method

1. To yield 1 x 20 cm base.
2. Remove the zest from the lemon and orange.
3. Sieve the flour into a bowl, make a bay.
4. Cream together the margarine and sugar and put into the bay with the egg, vanilla essence and the lemon and orange zest.
5. Mix all the ingredients to a smooth paste and allow to rest for 1 hour in a cool place.
6. Roll out 5 mm thick and cut into a round 20 cm in diameter. Place onto a lightly greased baking tray and bake in an oven at 180°C for 15 minutes until the biscuit is a light golden colour.
7. When cooked leave on the baking tray to cool.

22. VANILLA SPONGE BASE
10-12 PORTIONS

Ingredients

Flour	125 g
Eggs	4
Caster sugar	125 g
Butter	50 g
Vanilla essence	

Method

1. Clarify the butter.
2. Grease a torte ring with 25 g of the clarified butter then dust it with flour. If using a gateau tin, grease the tin then line with greaseproof paper.
3. Place the eggs, sugar and vanilla essence in a basin or hand bowl and whisk over a saucepan of hot water until the mixture forms a ribbon. Remove from the heat and continue whisking until the mixture has cooled and the volume increased six fold.
4. Fold in the flour with a metal spoon and then lightly stir in the remaining clarified butter.
5. Place the mixture into the prepared tins and bake in an oven at 180°C for 30 minutes.
6. Remove from the oven, turn out onto a pastry wire to cool.

23. CHOCOLATE SPONGE BASE
10-12 PORTIONS

Ingredients

Flour	100 g
Cocoa butter	25 g
Eggs	4
Caster sugar	125 g
Butter	75 g

Method

1. Clarify the butter.
2. Grease a torte ring with 25 g of the clarified butter then dust it with flour. If using a gateau tin, grease the tin then line it with greaseproof paper.
3. Put the eggs and sugar into a bowl and whisk over a saucepan of hot water until the mixture forms a ribbon. Remove from heat and continue whisking until the mixture has cooled and the volume increased six fold.
4. Fold in the flour and cocoa powder with a metal spoon and stir in the remaining clarified butter.
5. Put the mixture into the prepared tins and bake in an oven at 180°C for 30 minutes.
6. Remove from the oven and turn out onto a pastry wire to cool.

(FILLINGS)

24. BAVAROIS TORTE
8-10 PORTIONS

Ingredients

<u>Vanilla sponge base</u>	500 g
<u>Apricot glaze</u>	125 g
<u>Vanilla bavarois</u>	500 ml
<u>Raspberry coulis</u>	250 ml
Raspberry jam	200 g
Fresh fruit	400 g

Method

1. Slice the vanilla sponge base into 4 equal layers. Place the base layer to one side.
2. Spread 2 of the layers with raspberry jam then sandwich all 3 layers together.
3. Place the sponge layers into a torte ring to form the base.
4. Place a layer of prepared fresh fruit onto the sponge then alternate layers of bavarois and fruit until the ring is filled, finishing with a layer of bavarois.
5. Place the retained round of sponge onto the top and lightly press down. Chill in a refrigerator.
6. When the torte is chilled, remove from the ring, brush the top and sides with warm apricot glaze and allow to cool.
7. Decorate with fresh fruit and whipped cream and serve with raspberry coulis.

Notes:

1. All fresh fruits in season make excellent fillings especially: strawberries, raspberries, kiwi fruit, peaches and blackcurrants.
2. Before assembly, the sponge layers may be brushed with a liqueur or stock syrup to give additional flavour to the torte.

25. BUTTER CREAM TORTE

8 PORTIONS

Ingredients

BASE

Flour	50 g
Butter	50 g
Biscuit crumbs	50 g
Ground almonds	75 g
Caster sugar	100 g
Eggs	6
Vanilla essence	5 ml
Salt	

FILLING

Butter	300 g
Caster sugar	125 g
Cornflour	35 g
Eggs	3
Milk	500 ml
Vanilla essence	
Plain chocolate	25 g

Method used to make the base

1. Clarify the butter.
2. Grease a 250 mm cake or gateau tin with the butter then dust with flour.
3. Separate the egg yolks from the whites. Mix together the biscuit crumbs, ground almonds and sifted flour. Mix together the egg yolks, salt and 30 g of caster sugar.
4. Whisk the egg whites to a stiff peak and gradually whisk in the remaining caster sugar.
5. Fold the egg whites into the yolk, salt and mixture. Finally, fold in all the dry ingredients.
6. Pour the mixture into the prepared tin and bake in an oven at 190°C for 35 minutes. leave overnight in the tin.

Method for making the filling

1. Separate the egg yolks from the whites. Cream the butter.
2. Prepare a rich butter cream with the sugar, cornflour, egg yolks, milk and vanilla essence. Stir in the creamed butter then sprinkle with icing sugar. Set to one side to cool.
3. Cut the cake base into 3 layers and return the top layer to the cake or gateau tin.
4. Barely melt the chocolate and mix into it a quarter of the butter cream. Spread this onto the first layer of sponge which has been placed in the tin and cover with a second sponge layer. Mix the stock syrup and almond liqueur together and use half of this to moisten the second sponge layer, then spread the top with a layer of vanilla butter cream.
5. Cover with the last remaining sponge layer and moisten the top with the remainder of the syrup then chill in a refrigerator.
6. Remove the torte from the tin and cover the top and sides with a thin layer of the butter cream. Chill then re-cover with a further layer of butter cream. Chill once more.
7. To finish the torte, cover the sides thickly with butter cream and give a ripple effect with an icing comb. Sprinkle the top of the torte with crushed flaked and toasted almonds, whirls of butter cream and cherry halves.

Note: The top may also be decorated with marzipan fruits or other marzipan decorations.

26. FRESH CREAM TORTE

8-10 PORTIONS

Ingredients

<u>Vanilla sponge base</u>	500 g
<u>Whipped cream</u>	750 ml
<u>Stock syrup</u>	20 ml
Fresh fruits in season	400 g
Flakes almonds or plain chocolate	50 g
Icing sugar	50 g
Liqueur	40 ml

Method

1. Cut the sponge base in 3 equal layers and return the top layer to a cake or gateau tin.
2. Flavour the stock syrup with half the liqueur and brush a little of the mixture on to the sponge base. Place on this layer of fresh fruit then cover with the second sponge layer. Brush on a little more of the stock syrup and liqueur.
3. Whisk the cream to a stiff peak, adding the remainder of the liqueur. Spread a layer of the cream onto the second sponge layer then cover this with the remaining layer of sponge. Chill in a refrigerator.
4. Remove the torte from the mould and cover the top and side with the whipped cream.

5. Decorate the side with shaved chocolate or toasted flaked almonds.
6. Place on the top surface of the torte a 100 mm plain pastry cutter or other suitable template and fill with either shaved chocolate or toasted flaked almonds. Carefully remove the template to leave the remainder of the torte clear.
7. Decorate the top of the torte with whole or sliced fruit and whipped cream.
8. Dust liberally with icing sugar, chill before service.
27. DOBOS TORTE (HUNGARIAN TORTE)

Ingredients

<u>Dobos base</u>	1
<u>Ganache</u>	400 g
<u>Praline</u>	150 g
<u>Caramel</u>	200 g
Flakes roasted almonds	100 g
<u>Stock syrup</u>	150 ml
Rum	

Method

1. Cut the dobos base into 6 layers putting aside the best layer for the top. Flavour the stock syrup with the rum and use the mixture to moisten the 5 remaining layers.
2. Crush the praline and mix it with the ganache. Spread the 5 layers with this mixture and assemble in the torte mould.
3. Coat the retained top layer with pale caramel then using a greased knife and while the caramel is still hot mark the top with the desired number of portions.
4. Coat the side and the top of the torte with ganache then decorate the side with the roasted almonds.
5. Pipe whirls of ganache from the centre to the edge according to the number of portions required then place the segments on the top to form a fan.
6. Place on a doily covered tray for service.

PART 3 - PASTRY

CHAPTER THIRTY ONE

Large Cakes

FRUIT BASED SLAB	UNCLASSIFIED
1. Basic Mix	7. Chocolate
2. Cherry	8. Ginger
3. Currant	9. Madeira
4. Raisin	10. Rich fruit cake
5. Sultana	11. Simnel
6. Dundee	

LARGE RICH CAKES

1. Large rich cakes are a bakery product usually made by the creaming method and based on four main ingredients which are flour, fat, sugar and eggs. By combining additional ingredients a variety of types can be produced. They can be made in any shape but are usually round or square.

BASIC GUIDELINES

2. To achieve good results when making these cakes it is important to follow certain guidelines and these are that:

- a. All ingredients must be carefully and accurately weighed.
- b. Baking tins must be well oiled and preferably lined with greaseproof paper. Rich fruit cakes are best baked in wooden frames. Wood, being a poor conductor of heat allows the cake to bake slowly and evenly and reduces the risk of the sides scorching.
- c. Cakes with a top dressing such as nuts or sugar must be protected either by using steam or covering the cake top.

THE CREAMING METHOD

3. Beat the fat and sugar together. This softens the fat, dissolves the sugar and aerates the mixture ideally to almost a foamy texture. While continuing to beat vigorously add the eggs gradually. If too much egg is added too quickly the mixture will curdle. Should this happen add a little flour to return the mix to its original state then continue to gradually add the remaining eggs.

4. Add the flour to the mixture by carefully and lightly blending it in with a folding action, preferably by hand to ensure that as much aeration as possible is retained in the cake structure. The mixture should be at dropping consistency. If it does not easily drop from the fingers adjust the texture with a little milk. It should be noted here that there is a fault, quite common in the making of fruit cakes where early in the cooking process the fruit sinks to the base of the cake. The two main reasons for this and the remedies are:

- a. The fruit, having been washed, has not been thoroughly dried before adding it to the mixture. Do not dust wet fruit with flour to attempt to dry it as this can provoke fermentation during baking and the flour will not blend with the mix.
- b. The oven temperature being set too low, allowing the fruit to sink before the mixture can set. This is particularly prevalent where glace cherries are used. They must be well washed and dried and the cooking process should be started in a hot oven to set the mixture quickly then the temperature can be lowered to complete the process

adheres to it on removal the cake requires, longer cooking.

FRUIT BASED

5. To test if the cake is cooked insert a warm metal or wooden skewer into the centre of the cake. If any mixture

1. BASIC SLAB CAKE MIX

Ingredients

Flour	20 g
Baking powder	5 g
Eggs	3
Milk	25 ml
Margarine	150 g
Salt	
Caster sugar	150 g

Method

1. Break the eggs into a bowl and whisk lightly.
2. Sieve together the flour, baking powder and salt.
3. Cream together the margarine and sugar to achieve a smooth well aerated texture then gradually add the egg beating vigorously.
4. Lightly fold in the flour and milk to achieve a smooth mixture.

2. CHERRY CAKE

Ingredients

<u>Basic slab cake mixture</u>	500 g
Glace cherries	75 g
Milk	25 ml

Method

1. Oil cake tins and line them with greaseproof paper.
2. Cut the glace cherries into halves, wash and dry them thoroughly.
3. Add the cherries to the cake mixture when folding in the flour.
4. Place the mixture into the cake tins, smooth the top with a little milk and cook in an oven at 180°C for 1½ hours.

Notes on variations

3. **Current cake.** Add 100 g of washed and dried currants when folding in the flour. Bake in an oven at 180°C for 1½ hours.
4. **Raisin cake.** Add 100 g of washed and dried raisins when folding in the flour. Bake in an oven at 180°C 1½ hours.
5. **Sultana cake.** Add 75 g of sultanas and 25 g of mixed peel washed and dried when folding in the flour. Bake in an oven at 180°C for 1½ hours.

6. DUNDEE CAKE

Ingredients

Flour	175 g
Brown sugar	150 g
Margarine	150 g
Sultanas	100 g
Currants	100 g
Ground almonds	25 g
Mixed peel	25 g
Eggs	3
Fresh lemon	1
Fresh oranges	1
Split almonds	25 g

Method

1. Oil the cake tins and line them with greaseproof paper.
2. Wash and dry the fruit, sieve the flour. Grate the zest and squeeze the juice of one orange and one lemon.
3. Cream together the margarine and sugar, then add the eggs one at a time, beating vigorously.

4. Add the zest of the orange and lemon then fold in the flour.
5. Fold in the prepared fruit, the ground almonds and the juice of the lemon and orange.
6. Place the mixture into the prepared cake tins, smooth the top then decorate the surface with the split almonds.
7. Bake in an oven at 180°C for 2 hours.

UNCLASSIFIED

7. CHOCOLATE CAKE

Ingredients

<u>Basic slab cake mix</u>	550 g
Cocoa powder	15 g

Method

1. Oil the cake tins and line them with greaseproof paper.
2. Prepare the cake mix, substituting the cocoa powder for an equal amount of flour.
3. Place the mixture into the prepared cake tins, smooth over the top and bake in an oven at 180°C for 1½ hours.

8. GINGER CAKE

Ingredients

<u>Basic slab cake mix</u>	550 g
Ground ginger	
Preserved ginger	75 g
Golden syrup	25 g

Method

1. Oil the cake tin and line it with greaseproof paper.
2. Dice the preserved ginger, retaining a few thin slices for decorating the top of the cake.
3. Prepare the cake mix, sifting the ground ginger with the flour and adding the diced ginger on the top.
4. Place the mixture into the prepared cake tins, smooth over the surface and place the slices of ginger on the top.
5. Bake in an oven at 180°C for 1½ hours. When the cake is cooked, remove it from the oven and brush over the top with the syrup.

9. MADEIRA CAKE

Ingredients

<u>Basic slab cake mix</u>	550 g
Lemons	2

Method

1. Oil the cake tins and line them with greaseproof paper.
2. Grate the zest from 1 lemon and pare 2 thin slices of zest from the other.
3. Prepare the cake mix incorporating the grated lemon zest at the same time as the eggs.
4. Place the mixture into the cake tins, smooth over the surface and place the 2 thin slices of lemon zest in the centre of the surface of the cake. Bake in an oven at 180°C for 1½ hours.

10. RICH FRUIT CAKE

Ingredients

Flour	225 g
Butter	225 g
Brown sugar	225 g
Eggs	4
Lemon	1
Orange	1
Currants	400 g
Sultanas	200 g
Raisins	200 g

Glace cherries	50 g
Mixed peel	50 g
Almonds	50 g
Nutmeg	$\frac{1}{4}$
teaspoon	
Mixed peel	$\frac{1}{2}$
teaspoon	
Black treacle	3
teaspoons	
Brandy	3 tots

Method

1. Chop the glace cherries, almonds and mixed peel. Place together with the dried fruit in a bowl, sprinkle with the brandy, cover and allow to soak overnight.
2. Oil a cake tin and line it with greaseproof paper. Sieve together the flour, nutmeg and mixed spice.
3. Grate the zest of the lemon and the orange. Thin the treacle by warming it a little.
4. Cream together the butter and sugar then add the eggs one at a time beating vigorously.
5. Fold in the flour and spices and then the soaked fruit, almonds and mixed peel, the lemon and orange zest and the treacle.
6. Level and smooth the surface and cook in an oven at 150°C for 4 hours.

2. Prepare the rich fruit cake mix. Prepare the marzipan.
3. Mould half the marzipan into a ball then roll out a round approximately 300mm in diameter.
4. Place half the cake mix into the cake tins and smooth to a level surface. Place the round of marzipan on top of the cake mix then place the remaining cake mix on top of the marzipan.
5. Bake in an oven at 180°C for 50 minutes then reduce the temperature to 160°C and continue to cook for a further 2 hours.
6. When the cake is cooked remove it from the oven and allow it to cool completely. Remove the cake from the tin and brush the top with hot apricot glaze.
7. Separate the egg yolks from the whites.
8. Decorate the top of the cake with marzipan and then brush with egg yolk.
9. Attach a greaseproof paper collar around the top of the cake, approximately 15 mm higher than the marzipan decoration.
10. Place the cakes into an oven 220°C to glaze the marzipan top to an attractive colour.
11. Complete the decoration if desired with preserved or glace fruits.

11. SIMNEL CAKE (Easter cake)

Ingredients

<u>Rich fruit cake mix</u>	1.5 g
<u>Marzipan</u>	400 g
<u>Apricot glaze</u>	75 g
Eggs	2

Method

1. Oil the cake tins and line them with greaseproof paper.

PART 3 - PASTRY

CHAPTER THIRTY TWO

YEAST PRODUCTS

BRIOCHE/CROISSANT

1. Brioche
2. Croissant

BUNS

3. Bun dough
4. Bath
5. Chelsea
6. Cream
7. Currant
8. Fruit loaf
9. Hot cross
10. Iced
11. Swiss
12. Sally Lunns

DOUGHNUTS

13. Cream
14. Jam
15. Ring

DANISH

16. Danish paste
17. Almond buns
18. Almond squares
19. Custard buns
20. Whirls

BRIOCHE/CROISSANT**1. BRIOCHE**
10. PORTIONS*Ingredients*

Flour	400 g
Butter	125 g
Yeast	25 g
Milk	100 ml
Eggs	4
Castor sugar	35 g
Salt	5 g

Method

1. Clean and grease the cake or brioche moulds.
2. Whisk the eggs together in a basin; soften the butter.
3. Warm the milk to blood heat and put in the yeast to dissolve. Add sufficient of the flour to make a batter and put in a warm place to ferment.
4. Sieve together the flour, salt and sugar, add the ferment and the eggs and mix to a smooth dough.
5. Mix in the softened butter, cover the dough with a cloth and allow to prove in a cool place for 6 hours.
6. Knock back the dough, divide it into the required number of pieces and place it into the moulds.
7. Prove to double their size then bake in an oven at 200°C for 25 minutes.

2. CROISSANT
10 PORTIONS*Ingredients*

Flour	300 g
Milk	100 ml
Water	100 ml
Butter	125 g
Yeast	15 g
Sugar	15 g
Salt	pinch
Eggs	2

Method

1. Mix the water and milk together and warm to blood heat. Dissolve the yeast in the liquid, add sufficient of the flour to make a batter and put in a warm place to ferment.
2. Soften 40 g of the butter.
3. Sieve together the flour, salt and sugar, add the ferment and mix to a smooth dough.
4. Mix in the softened butter, cover with a damp cloth and store in a refrigerator for 6 hours or overnight.
5. Soften the remainder of the butter.
6. Knock back the dough and roll it out to a rectangle 10 mm thick. Spread the butter over 2 thirds of the rectangle.
7. Fold the uncoated portion of dough into the centre and fold over again to give 3 layers of dough sandwiched with 2 layers of butter.
8. Roll out the dough at right angles to the fold to cover the original area and again fold into 3.
9. Repeat the rolling out and folding sequence 2 more times to give 3 half turns in all
10. Roll out the dough into an oblong 10 mm thick. Divide into equal sized strips lengthways then cut these into 10 equal sized triangles.
11. Damp with water and starting from the base, lightly roll up each triangle. Curl into crescent shapes and place

onto a lightly floured board. Cover with a cloth and half prove.

12. Place the croissants onto greased baking trays, brush them with egg wash the then continue proving to double their size.
13. Bake in an oven at 220°C for 20 minutes.

Note: Rolling and turning the dough should be accomplished quickly giving only 10 minutes rest between each turn.

BUNS**3. BASIC BUN DOUGH***Ingredients*

Flour	300 g
Yeast	15 g
Sugar	15 g
Margarine	15 g
Milk	175 ml
Yellowing colouring	
Salt	pinch

Method

1. Sieve together the flour and salt.
2. Rub in the margarine.
3. Make a bay in the dry mixture and put the sugar in the centre.
4. Warm the milk and put in the yeast to dissolve. Add the food colouring.
5. Pour the milk and yeast mixture over the sugar, mix until dissolved then gradually incorporate the flour to make a smooth dough.
6. Cover and prove in a warm place until the dough has doubled in size.
7. Knock back the dough and use it as required.

4. BATH BUNS
10 PORTIONS*Ingredients*

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Sultanas	50 g
Mixed peel	25 g
Nib sugar	25 g
Margarine	25 g
Eggs	1

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, incorporating the sultanas and mixed peel into the dry mix.
3. Soften the margarine.
4. After knocking back the dough mix in the softened margarine.
5. Divide the dough into ten even sized roughly shaped pieces and place them onto the baking trays.

- Brush the buns with egg wash and sprinkle with the nib sugar. Put in a warm place to prove until they double in size.
- Bake in an oven at 220°C for 25 minutes.
- Remove from the oven, brush with bun glaze and transfer to a pastry wire to cool.

5. CHELSEA 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Currants	50 g
Ground cinnamon	pinch
Sugar	50 g
Margarine	25 g

Method

- Oil a baking tray and set it aside in a warm place.
- Prepare a basic bun dough, allow it to prove and knock it back.
- Melt the margarine. Mix half the sugar with the cinnamon.
- Roll out the bun dough into an oblong 5 mm thick. Brush with the melted margarine then sprinkle with the currants and the sugar and cinnamon mix.
- Roll the dough up, cut it into ten equal sized pieces and place these upright 15 mm apart on the baking tray.
- Put in a warm place to prove until they double in size.
- Bake in an oven at 220°C for 20 minutes.
- Remove from the oven, brush with bun glaze, sprinkle with a little sugar and place on a pastry wire to cool.

6. CREAM BUNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Buttercream</u>	250 g
<u>Bun glaze</u>	250 ml
Raspberry jam	50 g
Icing sugar	50 g

Method

- Oil the baking trays and set them aside in a warm place.
- Prepare a basic bun dough, allow it to prove then knock it back.
- Divide into ten equal sized pieces and mould into balls.
- Place these on a baking tray to prove until they double in size.
- Bake in an oven at 220°C for 20 minutes. Remove from the oven and brush with bun glaze. Place on a pastry wire and allow to completely cool.

- Make a greaseproof paper piping bag and fill it with red jam. Fill a piping bag containing a 10 mm star tube with buttercream.
- Cut the buns two thirds through and pipe in a little jam then fill with buttercream and dust with icing sugar for service.

Note: For Devonshire splits proceed with the recipe and method for cream buns but the buns should be oval shape instead of round.

7. CURRANT BUNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Currants	50 g
Mixed peel	10 g

Method

- Oil the baking trays and set aside in a warm place.
- Prepare a basic bun dough incorporating the currants and mixed peel into the dry mix.
- Cover with a cloth and allow it to prove then knock it back.
- Divide into ten equal sized pieces and mould these into balls.
- Place onto the baking tray to prove until they double in size.
- Bake in an oven at 220°C for 20 minutes.
- Remove from the oven, brush with bun glaze then place on a pastry wire to cool,

8. FRUIT LOAF 10 PORTIONS

Ingredients

Strong flour	300 g
Milk	125 ml
Yeast	10 g
Salt	pinch
Sugar	50 g
Margarine	75 g
Eggs	1
Currants	50 g
Sultanas	50 g
Mixed peel	25 g
Cinnamon	pinch
<u>Bun glaze</u>	125 ml

Method

- Oil a bread or cake tin.
- Whisk the egg in a bowl. Wash and dry the fruit.
- Sieve together the flour, cinnamon and salt.
- Rub in the margarine to a sandy texture.
- Make a bay in the dry mix and put in the sugar and the egg.

6. Warm the milk to blood heat, put in the yeast to dissolve and then mix together with sugar and egg.
7. Gradually add the flour, mixed peel and fruit and mix to a firm dough.
8. Cover the dough with a cloth and prove in a warm place until doubled in size.
9. Knock back the dough and place it into the greased tin and allow to prove in a warm place until doubled in size.
10. Bake in an oven at 190°C for 45 minutes then remove from the oven, brush with bun glaze transfer it to a pastry wire to cool.

9. HOT CROSS BUNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
Mixed peel	10 g
Mixed spice	5 g
Currants	50 g
<u>Bun glaze</u>	250 ml
Flour	100 g
Baking powder	pinch
Lard	25 g
Water	125 ml

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, sieving the mixed spice with the flour and incorporating the washed and dried currants and the mixed peel with the flour and margarine dry mix.
3. Allow the dough to prove, knock it back and divide it into ten equal portions.
4. Roll these into balls, place them onto the baking tray and allow to prove until they double in size.
5. Prepare the flour and water batter for the crosses by mixing the lard with the flour and baking powder then adding sufficient water to make a smooth batter thick enough for piping.
6. When the buns have proved, place the batter into a piping bag containing a 5 mm plain tube and put a cross onto each bun.
7. Bake in an oven at 220°C for 20 minutes. Remove from the oven and brush with bun glaze.

10 ICED BUNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Fondant icing</u>	100 g
Egg	1

Method

1. Oil the baking tray and set it aside in a warm place.
2. Prepare the bun dough, allow it to prove then knock it back and cut it into 10 equal sized pieces and roll these into finger shapes 10 cm long.
3. Place on the baking trays, egg wash and allow to prove until double their size.
4. Bake in an oven at 220°C for 20 minutes then transfer to a pastry wire to cool.
5. Coat the tops of the buns with fondant icing.

11 SWISS BUNS 10 BUNS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Fondant icing</u> or <u>Water icing</u>	100 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare the bun dough, allow it to prove then knock it back, cut into ten equal sized pieces and roll these into finger shapes 10 cm long.
3. Place them on the baking trays and allow to prove until double their size.
4. Bake in an oven at 220°C for 20 minutes then transfer them to a pastry wire to cool.
5. Coat the tops of the buns with fondant icing or water icing.

12. SALLY LUNNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Sultanas	35 g
Currants	25 g
Mixed peel	10 g
Cinnamon	5 g
Egg	1

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, sieving the cinnamon with the flour and incorporating the dried fruit and mixed peel after mixing together the flour and margarine.
3. Allow the dough to prove, knock it back and divide it in half. Roll these into balls and allow them to relax in a warm place for 10 minutes.
4. Roll out into rounds 150 mm in diameter and place them onto the baking trays. Cut each round through to the tray into five equal portions.
5. Egg wash and allow to prove until double their size.
6. Bake in an oven at 220°C for 30 minutes.
7. Remove from the oven, brush with bun glaze and transfer to a pastry wire to cool.

DOUGHNUTS

13. CREAM DOUGHNUTS 10 DOUGHNUTS

Ingredients

<u>Basic bun dough</u>	500 g

Icing sugar	50 g
Cream	250 ml
Red Jam	100 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, prove until doubled in size then knock it back.
3. Divide it into ten equal sized pieces, mould these into finger shapes and place onto the baking trays.
4. Cover with a cloth and allow them to prove in a warm place - a prover should not be used - until double their size then lift each doughnut carefully from the tray and deep fry in hot oil at 190°C turning them over to ensure an even colour.
5. Transfer to a pastry wire to drain off excess oil and to go cold.
6. Using a piping bag containing a 5 mm plain tube put a little red jam into each doughnut.
7. Whisk the cream and using a piping bag containing a 10 mm star tube put the cream into the doughnuts. Dust with icing sugar for service.

14. JAM DOUGHNUTS 10 DOUGHNUTS

Ingredients

<u>Basic bun dough</u>	500 g
Red jam	100 g
Caster sugar	200 g
Cinnamon	5 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, prove until double in size then knock it back.
3. Divide it into ten equal sized pieces, mould these into balls and place onto the baking tray.
4. Cover with a cloth and prove in a warm place - a prover should not be used to double in size then lift each doughnut carefully from the tray and deep fry in oil at 190°C turning them to ensure an even colour.
5. Transfer to a pastry wire to drain off excess oil and to go cold.
6. Mix the cinnamon with the castor sugar and cut the doughnuts two thirds through.
7. Using a piping bag containing a 5 mm plain tube put red jam into each doughnut.
8. Roll the doughnuts in the sugar and cinnamon mix and serve.

15. RING DOUGHNUTS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
Caster sugar	200 g
Cinnamon	5 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, prove until doubled in size then knock it back.

3. Roll out the dough 15 mm thick and cut it into rounds 70 mm in diameter. Cut a 25mm hold in the centre of each round.
4. Place them onto the baking tray, cover with a cloth and prove in a warm place a prover should not be used - to double their size then deep fry them in oil at 190°C turning them to ensure an even colour.
5. Transfer to a pastry wire to drain off excess oil and to go cold.
6. Mix the cinnamon with the castor sugar and once the doughnuts are cold, roll them in the sugar and cinnamon mix and serve.

DANISH PASTRIES

16. DANISH PASTE

Ingredients

Flour	200 g
Margarine	25 g
Butter	75 g
Sugar	10 g
Milk	60 ml
Yeast	10 g
Salt	pinch
Eggs	1

Method

1. Sieve together the flour and salt.
2. Rub in the margarine to a sandy texture and make a bay in the centre.
3. Place the eggs, sugar, cold milk and yeast together in the bay. Allow the yeast to dissolve then mix all the ingredients together into a dough.
4. Cover with a sheet of polythene and allow to stand for 15 minutes in a cool place. Soften the butter.
5. Roll out the dough to a rectangle 10 mm thick. Spread the softened butter over two-thirds of the rectangle.
6. Fold the uncoated portion of dough into the centre and over again to give 3 layers of dough sandwiched with 2 layers of butter - one half turn.
7. Cover the dough with polythene and stand it in a cool place for 1 hour.
8. Roll out the dough at right angles to the fold to cover the original area and again fold into 3.
9. Repeat the rolling out and folding sequence 2 more times to give 3 half turns in all. Allow 20 minutes between each rolling and ensure that while resting the dough is covered with polythene and kept cool.
10. The dough is now ready for making into Danish pastries.

Notes:

1. To obtain good results the dough must be kept cold. After weighing the ingredients they may be placed in a refrigerator to cool before being used. Danish pastry may be held in a refrigerator covered in polythene for up to 72 hours. Prepared pastries may also be held in a similar way.
2. Danish pastry should be very light and this can only be achieved if the dough is not toughened during mixing.

17. ALMOND BUNS 10 PORTIONS

Ingredients

<u>Basic bun paste</u>	400 g
<u>Almond filling</u> (frangipane)	220 g
<u>Apricot glaze</u>	100 g
<u>Fondant icing</u>	200 g
Roasted flaked almonds	50 g

Method

1. Oil a baking sheet and set it aside in a warm place.
2. Roll out the Danish paste to a rectangle 10 mm thick.
3. Spread the almond filling over the paste leaving a 25 mm margin clear on one of the sides.
4. Roll up fairly tightly, wet the margin with a little water then press it to the roll to make a seal.
5. Cut into ten 25 mm pieces with the palm of the hand, press down gently to flatten and then place them onto the baking tray, cut side up and 50 mm apart.
6. Prove in a warm place until double their size and bake in an oven at 220°C for 15 minutes.
7. Remove from the oven, brush with boiling apricot glaze.
8. Cover with a thin layer of warm fondant and decorate with roasted flaked nuts.

18. ALMONDS SQUARES 10 SQUARES

Ingredients

<u>Basic Danish paste</u>	400 g
<u>Fondant icing</u>	200 g
<u>Apricot icing</u>	100 g
<u>Marzipan</u>	250 g
Roaster flaked almonds	50 g

Method

1. Lightly grease a baking tray and set it aside in a warm place.
2. Divide the marzipan into 10 equal portions and roll each into a ball.
3. Roll out the Danish paste to a rectangle 10 mm thick and cut it into 75 mm squares.
4. Place a ball of marzipan into the centre of each square.
5. Fold in the four corners up to the marzipan but not covering it then press the points down firmly to seal.
6. Turn each one over and place on the baking tray.
7. Prove in a warm place until doubled in size.
8. Bake in an oven at 220°C for 15 minutes.
9. Remove from the oven, brush with boiling apricot glaze.
10. Cover with a thin layer of warm fondant and decorate with roasted flaked almonds.

19. CUSTARD 10 BUNS

Ingredients

<u>Basic Danish paste</u>	400 g
<u>Pastry cream</u>	250 ml
<u>Apricot glaze</u>	100 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Put the pastry cream into a piping bag containing a 15 mm plain piping tube.

3. Roll out the Danish paste to a rectangle 10 mm thick and cut it into 75 mm squares.
4. Pipe a little of the pastry cream into the centre of each square.
5. Fold in two opposite corners up to the pastry cream but not covering it, then press down the points firmly to seal. Leave the other two corners open.
6. Place onto baking trays and prove in a warm place until double their size.
7. Bake in an oven at 220°C for 15 minutes
8. Remove from the oven and brush with boiling apricot glaze.

20. WHIRLS 20 WHIRLS

Ingredients

<u>Basic Danish paste</u>	400 g
<u>Almond filling</u> (Frangipane)	250 g
<u>Fondant icing</u>	20 g
<u>Apricot glaze</u>	100 g
Currants	50 g
Fresh orange	1
Roasted flaked almonds	50 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Wash and dry the currants, grate the zest from the orange.
3. Roll out the Danish paste to a rectangle 5 mm thick.
4. Spread the almond filling over the paste leaving a 20 mm margin clear on one of the longer sides.
5. Sprinkle the currants and zest of orange over the almond filling.
6. Roll up the dough leaving the margin free.
7. Cut the roll into 25 mm pieces and twist the margin under the cut surface.
8. With the palm of the hand, press down gently to flatten then place on to the baking tray an equal distance apart and with the margin underneath.
9. Prove in a warm place until double their size.
10. Bake in an oven at 220°C for 25 minutes.
11. Remove from the oven and brush with boiling apricot glaze.
12. Cover with a thin layer of warm fondant and decorate with roasted flaked almonds.

PART 3 - PASTRY

CHAPTER THIRTY THREE

BREAD/ROLLS

BREAD

1. Bread using Activated Dough Developer (ADD)
2. Timed dough
3. No timed dough
4. Enriched
5. Festival
6. Oven bottom

ROLLS

7. Bread
8. Bridge
9. Bread rolls using ADD

INTRODUCTION

1. When a small amount of bread is needed it can be made by hand but for larger quantities and for speed of production and efficiency a mixing machine with a dough hook is necessary.

2. The ideal temperature in a prover should be between 26°C - 28°C to achieve good fermentation.

3. To activate fermentation yeast is required and the two types of yeast are commonly available.

- a. Compressed fresh
- b. Dried

4. Compressed yeast is supplied in 1 kg blocks wrapped in waxed paper. This has to be stored in the

refrigerator at 4°C and has a shelf life of fourteen days. Dried yeast has a shelf life of about a month provided the packet is unopened. Fermipan is a powered yeast that is mixed in with the flour its shelf life is about 12 months and can be increased if kept in cold storage. Half the quantity in weight of fresh yeast called for in the recipe should be added when using dried yeast.

5. When the term “mix to a clean dough” is used this means no flour specks, not sticky, but a clean dough which cuts clear.

6. To test whether a loaf of bread is cooked take the loaf out of the bread tin and tap the bottom with the knuckles. If the loaf gives a hollow sound it is cooked.

BREAD

1. BREAD USING ACTIVATED DOUGH DEVELOPER (ADD) (STRAIGHT DOUGH METHOD)

APPROXIMATELY 10 LOAVES

Ingredients

Flour	10 kg
Salt	200 g
Yeast	200 g
Water	6 ltr
ADD	50 g

Method

1. Sieve together the flour, ADD and salt.
2. Dissolve the sugar and yeast in water warmed to between 26°C and 28°C.
3. Mix the ingredients for 20 minutes to produce a stiff dough.
4. Cover the dough with a clean cloth and leave to relax for 3 minutes.
5. Immediately weigh, divide and mould the dough and place into bread tins on baking trays.
6. Prove to double the size at between 26°C and 28°C.
7. Bake as required for the individual recipe in an oven at 230°C.

2. TIMED DOUGH (SPONGE BATTER METHOD) APPROXIMATELY 10 LOAVES

*Ingredients***Sponge**

Flour	3.5 kg
Yeast	100 g
Salt	50 g
Water	4 ltr

Dough

Flour	3.5 kg
Salt	100 g
Fat	100 g
Water	500 ml
Milk powder	25 g

Method (sponge)

1. Dissolve the yeast in warm water at between 26°C and 28°C.
2. Sieve together the flour and salt then add the yeast and water and mix thoroughly.
3. Allow to stand and ferment at a temperature of between 26°C and 28°C for 75 minutes.

Method (dough)

1. Dissolve the milk powder in warm water at between 26°C and 28°C.
2. Mix the salt with the flour and rub in the fat.
3. Combine all the ingredients to form a dough.
4. Add the fermentation and allow to ferment for 1¾ hours, knocking the mix back once during this period.
5. Weigh, divide and mould the dough, place into tins or on trays and prove at between 26°C and 28°C.
6. Bake in an oven at 230°C.

3. NO TIMED DOUGH (RUBBING IN METHOD)

APPROXIMATELY 2 LOAVES

Ingredients

Flour	2 kg
Water	1 ltr
Yeast (fresh)	50 g
Salt	25 g
ADD	10 g

Method

1. Sieve together the flour and ADD.
2. Dissolve the yeast in a little water. Separately dissolve the salt in a little water.
3. Add the remaining water warmed to between 26°C and 28°C to the dry mix to make a dough.
4. Combine the yeast and salt with the dough and mix until the dough is clean (i.e. no flour specks, not sticky, but a clean dough which cuts clear).
5. Weigh, divide and mould the dough and place into tins to prove at between 26°C and 28°C.

4. ENRICHED BREAD

Ingredients

Flour	1 kg
Salt	15 g
Sugar	10 g
White fat	15 g
Milk powder	25 g
Yeast	30 g
Water	500 ml

Method

1. Sieve together the flour and salt and rub in the white fat.
2. Dissolve the yeast, milk powder and sugar in the water warmed to between 26°C and 28°C and mix with the dry ingredients until the dough is clean.
4. Ferment for 1 hour, knock back and ferment for a further 30 minutes.
4. Weigh, divide and mould as required. Prove to double the size then bake in an oven at 230°C for 45 minutes.

Note: This mix will give 4 x 450 g loaves and can also be used to produce
Twists
Plaits

Milk bread
Bread sticks
Bridge rolls

5. FESTIVAL BREAD

Ingredients

Flour	5.5 kg
Salt	25 g
Milk powder	25 g
Sugar	10 g
Yeast	50g
Water (approximately)	2 ltr

Method

1. Sieve together the flour and salt.
2. Dissolve the yeast, sugar and milk powder in the water warmed to between 26°C and 28°C and mix with the dry ingredients to form a clear dough.
3. Make a wheatsheaf and bake in an oven at 200°C for 1¼ hours.

6. OVEN BOTTOM BREAD

Ingredients

Flour	1.5 kg
Yeast	30 g
Malt	5 g
Salt	15 g
Milk powder	10 g
Water	750 ml
Caraway seeds	1 g

Method

1. Sieve together the flour and salt.
2. Dissolve the yeast, milk powder and malt in the water warmed to between 26°C and 28°C and mix with the dry ingredients to form a clear dough.
3. Ferment for 1 hour at between 26°C and 28°C, knock back and ferment for a further 30 minutes.
4. Weigh, divide and mould as required and prove until double the size.
5. Finish with a milk wash and caraway seeds and bake in a very hot oven at 250°C/Reg 9.

ROLLS

7. BREAD ROLLS

10 ROLLS

Ingredients

Flour	300 g
Yeast	10 g
Water	150 ml
Salt	5 g

Method

1. Sieve together the flour and salt and dissolve the yeast in the water warmed to between 26°C and 28°C, then mix with the dry ingredients to form a stiff dough.
2. Cover with a clean cloth and allow to ferment until double the size.
3. Knock back and divide into 10 pieces then mould into balls or cigar shapes.

4. Place on baking trays, make 2 incisions in the tops and prove until doubled in size.
5. Bake in an oven at 230°C for 30 minutes.

8. BRIDGE ROLLS

50 ROLLS

Ingredients

Flour	400 g
Margarine	50 g
Eggs	2
Milk	125 ml
Yeast	15 g
Salt	5 g

Method

1. Sieve together the flour and salt then rub in the margarine to a sandy texture.
2. Whisk together the eggs and milk and bring to a temperature of between 26°C and 28°C. Add the yeast and allow to dissolve.
3. Mix all the ingredients together to make a dough.
4. Cover with a clean cloth and ferment at between 26°C and 28°C until doubled in size.
5. Knock back and divide into 15 g pieces and mould into cigar shapes.
6. Place on oiled baking trays, egg wash and prove until doubled in size.
7. Bake in an oven at 230°C for 15 minutes.

9. ROLL DOUGH USING ADD

Ingredients

Flour	2 kg
Salt	25 g
ADD	25 g
White fat	100 g

Sugar	25 g
Yeast	75 g
Water	1 ltr

Method

1. Sieve together the flour, salt and ADD then rub in the white fat.
2. Dissolve the sugar and yeast in the water warmed to between 26°C and 28°C and mix with the dry ingredients to a stiff dough.
3. Weigh and divide off into 60 g pieces and mould to the required shape.
4. Place on oiled baking trays 50 mm apart and prove until doubled in size.
5. Bake in an oven at 200°C.

PART 3 - PASTRY

CHAPTER THIRTY FOUR

COLD SWEETS

BAVAROIS

1. Vanilla
2. Orange
3. Chocolate
4. Fruit (1)
5. Fruit (2)
6. Rubane
7. Banana Chartreuse
8. Charlotte Royal
9. Charlotte Russe

CHEESE CAKE

10. Base
11. Chocolate
12. Kiwi fruit
13. Lemon
14. Orange
15. Baked tart
16. Cooked orange

COMPOSITE

17. Trifle (1)
18. Trifle (2)

CREAM BASED

19. Cream Brulee
20. Lemon souffle
21. Chocolate souffle
22. Coffee souffle
23. Orange souffle
24. Syllabub

FRUIT BASED

25. Compote of dried fruit
26. Compote of apples
27. Compote of pears
28. Compote of apricots/peaches
29. Compote of cherries

30. Compote of rhubarb
31. Compote of strawberries/raspberries
32. Fresh fruit salad
33. Fruit fool
34. Fruit jelly
35. Susans Summer pudding

MILK BASED

36. Apple meringue flan
37. Apple snow
38. Pavlova
39. Vacherin

MILK PUDDINGS

40. Baked egg custard
41. Banana custard
42. Chocolate blancmange
43. Creme caramel
44. Diplomat pudding
45. Junket
46. Milk jelly

RICE BASED

47. Conde rice

PASTRY BASED

48. Apple slice
49. Profiteroles
50. Fruit flan
51. Lemon meringue pie
52. Strawberry shortcake

YEAST BASED

53. Basic savarin dough
54. Marignons
55. Rum babas
56. Savarin with fruit

BAVAROIS

1. VANILLA BAVAROIS

Ingredients

Milk	400 ml
Caster sugar	60 g
Eggs	5
Double cream	175 ml
Leaf gelatine	15 g
Vanilla essence	15 g

Method

1. Place the leaf gelatine in cold water to soak and soften.
2. Separate the egg yolks from the whites, beat the yolks and sugar together in a basin, retain the whites.
3. Place the milk into a saucepan, bring to the boil.
4. Whisk the boiling milk onto the yolks and sugar and return the mixture to the saucepan.
5. Carefully stir over the heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
6. Withdraw from the heat, add the vanilla essence.
7. Remove the gelatine from the water, drain and add it to the hot liquid stirring until it dissolves.
8. Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
9. When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
10. Fold in the cream then fold in the egg whites.
11. Pour the mixture into moulds, and place in a refrigerator or on ice.
12. Turn out and decorate for service.

2. ORANGE BAVAROIS

Ingredients

Milk	400 ml
Caster sugar	60 g
Eggs	5
Double Cream	175 ml
Leaf gelatine	20 g
Fresh oranges	2

Method

1. Grate the zest and squeeze the juice from the oranges.
2. Mix half the juice with a little water and use to soak the leaf gelatine.
3. Separate the egg yolks from the whites. Whisk together in a basin the yolks, sugar and remaining orange juice, retain the whites.
4. Place the milk and grated orange zest into a saucepan, bring to the boil.
5. Whisk the boiling milk onto the yolks and sugar and return the mixture to the saucepan.
6. Carefully stir over heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
7. Withdraw from the heat, remove the gelatine from the liquid, drain and add to the hot liquid stirring until it dissolves.
8. Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
9. When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
10. Fold in the cream then fold in the egg whites.
11. Pour the mixture into moulds and place in a refrigerator or on ice.
12. Turn out and decorate for service.

3. CHOCOLATE BAVAROIS

Ingredients

Milk	400 ml
Caster sugar	30 g
Eggs	5
Double cream	175 ml
Leaf gelatine	15 g
Chocolate couverture	50 g

Method

1. Place the leaf gelatine in cold water to soak and soften.
2. Separate the egg yolks from the whites and whisk the yolks and sugar together in a basin, retain the whites.
3. Put the milk into a saucepan. Break up the chocolate couverture into the milk and bring it to the boil to completely dissolve the chocolate.
4. Whisk the boiling milk and chocolate onto the eggs and sugar and return the mixture to the saucepan.
5. Carefully stir over the heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
6. Withdraw from the heat, remove the gelatine from the water, drain and add to the hot liquid stirring until it dissolves.
7. Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
8. When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
9. Fold in the cream then fold in the egg whites.
10. Pour the mixture into moulds and place in a refrigerator or on ice to set.
11. Turn out and decorate for service.

Note: For Coffee Bavaois substitute 10 g of instant coffee or 10 ml of coffee essence for the chocolate couverture.

4. FRUIT BAVAROIS (1)

Ingredients

Fruit puree	250 ml
Milk	200 ml
Caster sugar	30 g
Eggs	5
Double cream	175 ml
Leaf gelatine	20 g

Method

1. Prepare the fruit puree and allow to go completely cold.
2. Place the leaf gelatine in cold water to soak and soften.
3. Separate the egg yolks from the whites, beat the yolks and sugar together in a basin, retain the whites.
4. Put the milk into a saucepan and bring it to the boil.
5. Whisk the boiling milk onto the yolks and sugar and return the mixture to the saucepan.
6. Carefully stir over heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
7. Withdraw from the heat, remove the gelatine from the water, drain and add to the hot liquid stirring until it dissolves.
8. Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
9. When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
10. Fold in the fruit puree, the whipped cream and the egg whites.
11. Pour the mixture into moulds place in a refrigerator or on ice.
12. Turn out and decorate for service.

5. FRUIT BAVAROIS (2)

Ingredients

<u>Fruit puree</u>	200 ml
Icing sugar	125 ml
Fresh lemon	2
Leaf gelatine	15 g
Double cream	250 ml

Method

1. Ensure the fruit puree is completely cold.
2. Squeeze the juice from the lemons, add half of the juice and the icing sugar to the fruit puree.
3. Dissolve the gelatine in a little warm water and allow to cool.
4. Lightly whisk the cream until it thickens.
5. As the gelatine begins to thicken, add it to the fruit puree then fold in the whipped cream.
6. Pour the mixture into moulds and allow to set.
7. Turn out and decorate from service.

6. BAVAROIS RUBANE

1. This can be produced by using a variety of bavarois mixes, set in layers in any suitable mould. The more popular colours and flavours used are:

- a. White bavarois, vanilla flavour
- b. Green bavarois, pistachio flavour
- c. Brown bavarois, chocolate
- d. Pink bavarois, strawberry or raspberry flavour
- e. Orange bavarois, orange flavour
- f. Beige bavarois, coffee flavour

7. BANANA CHARTREUSE

Ingredients

<u>Lemon jelly</u>	1.5 ltr
<u>Vanilla bavarois</u>	500 ml
Bananas	8
Cocktail cherries	18
Angelica	10 g
Fresh lemons	3

Method

1. Line (chemise) a charlotte mould with lemon jelly to a thickness of 5 mm.
2. Cut 60 5 mm rounds from the cocktail cherries.
3. Squeeze the juice from the lemons.
4. Peel 4 bananas and cut them across into thin slices, pass the slices through the lemon to prevent discoloration.
5. Insert a round of cherry into half of the banana slices.
6. Dip each banana slice into the lemon jelly which is on the point of setting and arrange them, neatly around the inside of the charlotte mould in alternating rows of plain and decorated slices.
7. Peel 4 bananas and cut them in half diagonally through the centre, pass them through lemon juice to prevent discoloration. Place them on a pastry wire to drain.
8. Prepare the vanilla bavarois. When on the point of setting fill the charlotte mould to within 5 mm of the top.
9. Mask the banana slices with bavarois then decorate with neatly cut pieces of cherries and angelica.
10. When the bavarois has set in the charlotte mould fill to the top with lemon jelly.
11. Cover the bottom of a 300 mm round silver tray with lemon jelly to a depth of 5 mm. Using the remaining jelly on the point of setting mask over each banana slice.

12. Demould the banana charlotte and place it into the centre of the prepared tray. Arrange the banana halves neatly and evenly around the charlotte.
13. Remove the bavarois from the mould and serve on a round dish glazed with lemon jelly and decorated with the remaining slices and halves of banana also glazed with lemon jelly.

8. CHARLOTTE ROYALE

Ingredients

<u>Lemon jelly</u>	1.5 ltr
<u>Vanilla bavarois</u>	500 ml
<u>Almond filling</u>	100 g
<u>Swiss roll mix</u>	400 g
<u>Genoise sponge</u>	600 g
Peach halves	6
Cocktail cherries	2
Brandy	10 ml
Piping jam	10 g

Method

1. Prepare and cook the swiss roll then cut it into oblong shapes 215 mmx100 mm, roll flat to 4mm thick, spread with jam and roll up tightly to make small swiss rolls. Keep in greaseproof paper until required.
2. Line (chemise) a charlotte mould with lemon jelly to a thickness of 5 mm.
3. Cut the swiss roll into thin slices and using lemon jelly on the point of setting dip the slices into the jelly. Arrange nearly in the charlotte mould.
4. Using the genoise sponge, cut out 6 90 mmx5 mm rounds, brush each with a little brandy and place on a pastry wire.
5. Drain and dry the peach halves. Stuff each cavity with the almond filling then place a half peach on each round of sponge.
6. Prepare the vanilla bavarois and when on the point of setting fill the charlotte mould to within 5 mm of the top.
7. Mask the peach halves with bavarois and when set, decorate the tops with piping jam in a double eight loop pattern. Allow to stand for 10 minutes then carefully wash off the surplus jam under running water, to leave the pattern of the jam in the bavarois. Cut out small rounds of cocktail cherry and place one in the centre top of each loop decoration.
8. When the bavarois has set in the mould fill to the top with lemon jelly.
9. Remove from the charlotte mould and serve on a round dish glazed with lemon jelly and decorated with peach halves also glazed with lemon jelly.

9. CHARLOTTE RUSSE

Ingredients

<u>Vanilla bavarois</u>	500 g
<u>Lady finger biscuits</u>	300 g

Method

1. Prepare and cook the finger biscuits.
2. Line the bottom of the charlotte mould with closely packed biscuits cut into fan shapes and place these upside down with their tips meeting at the centre.
3. Line the side of the mould with biscuits trimmed to ensure a neat compact fit and with the upper surface to the side of the mould.
4. Prepare the vanilla bavarois and when it is on the point of setting fill the mould level to the top.
5. When the bavarois has set remove from the mould and decorate with whipped cream for service.

CHEESECAKE

10. BISCUIT BASE

Ingredients

Digestive biscuits	150 g
Butter	75 g
Caster sugar	25 g
Cinnamon	5 g

Method

1. Line a 180 mm cake tin with tin foil.
2. Melt the caster sugar and cinnamon to the crushed biscuits, pour in the melted butter and mix together.
4. Pour the mixture into the cake tin ensuring the mixture covers the base of the tin. Refrigerate to set.

11. CHOCOLATE CHEESECAKE
8 PORTIONS*Ingredients*

<u>Biscuit base</u>	250 g
Philadelphia cream cheese or Fromage frais	200 g
Soured cream	125 ml
Cocoa powder	50 g
Powered gelatine	25 g
Caster sugar	50 g
Eggs	3
Block milk or Plain chocolate`	50 g
Double cream	125 ml

Method

1. Prepare the biscuit base and refrigerate it in a 180 mm cake tin until it is firm.
2. Separate the egg yolks from the whites.
3. Put 50 ml of water into a heat proof basin, sprinkle in the gelatine then place the basin in a pan of simmering water. Stir under the gelatine has dissolved, remove from the pan of water and stir in the cocoa powder.
4. Whisk together the egg yolks and sugar until creamy.
5. Whisk the egg whites to a stiff peak.
6. Place both cheeses with the soured cream and the gelatine and cocoa mixture into a bowl and mix them together.
7. Fold in the egg yolks and sugar mix then fold in the egg whites.
8. Pour into the cake tin and allow to set.
9. Grate the chocolate and whisk the cream to piping consistency.
10. Remove the cheesecake from the tin and decorate the top with whipped cream and grated chocolate.

12. KIWI FRUIT CHEESECAKE
8 PORTIONS*Ingredients*

<u>Biscuit base</u>	250 g
Philadelphia cream cheese or Fromage frais	200 g
Soured cream	125 ml
Lemon	1
Powered gelatine	25 g
Caster sugar	50 g
Eggs	3
Kiwi fruit	5
Double cream	125 ml

Method

1. Prepare the biscuit base and refrigerate it in a 180 mm cake tin until it is firm.

2. Separate the egg yolks from the whites.
3. Place 50 ml of water into a heat proof basin, sprinkle in the gelatine then place the basin in a pan of simmering water. Stir until the gelatine dissolves.
4. Grate the zest and squeeze the juice from the lemon.
5. Whisk together the egg yolks and sugar.
6. Whisk the egg whites to a stiff peak.
7. Place both cheeses with the soured cream, the gelatine and the lemon juice and zest into a bowl and mix together.
8. Fold in the egg and sugar mixture then fold in the egg whites.
9. Pour into the cake tin and allow to set.
10. Skin and slice the kiwi fruit and whisk the cream to a piping consistency.
11. Remove the cheesecake from the tin decorate the top with the slices of kiwi fruit and the whipped cream.

13. LEMON CHEESECAKE
8 PORTIONS*Ingredients*

<u>Biscuit base</u>	200 g
Philadelphia cream cheese or Fromage frais	200 g
Soured cream	125 ml
Lemons	3
Powered gelatine	25 g
Caster sugar	50 g
Eggs	3
Double cream	125 ml

Method

1. Prepare the biscuit base and refrigerate it until firm in a 180 mm cake tin.
2. Separate the egg yolks from the whites.
3. Place 50 ml of water into a heatproof basin, sprinkle in the gelatine then place the basin in a pan of simmering water. Stir until the gelatine has dissolved.
4. Grate the zest and squeeze the juice from the lemons.
5. Whisk together the egg yolks and sugar and whisk the egg whites to a stiff peak.
6. Place both cheeses along with the soured cream, the gelatine, the lemon juice and two thirds of the lemon zest into a bowl and mix together.
7. Fold in the egg yolk and sugar mixture then fold in the egg whites.
8. Pour into the cake tin and allow to set.
9. Whisk the cream to a piping consistency.
10. Remove the cheesecake from the tin decorate the top with whipped cream and the remaining zest of lemon.

14. BAKED CHEESECAKE TART
8 PORTIONS*Ingredient*

<u>Flan paste</u>	250 g
Cottage cheese	200 g
Cornflour	25 g
Eggs	3

Caster sugar	50 g
Fresh lemon	1
Vanilla essence	3 ml
Double cream	100 ml
Icing sugar	100 g

Method

Lightly grease a baking tray and a 200 mm flan ring.

2. Make the flan paste and line the flan ring.
3. Grate the zest and squeeze the juice from the lemon. Separate the egg yolks from the whites.
4. Mix the cornflour with a little water. Pass the cottage cheese through a sieve to remove the lumps.
5. Mix together in a bowl the cheese, cornflour, egg yolks, sugar, lemon peel and juice and the vanilla essence.
6. Whisk the egg whites to a stiff peak and the cream until slightly stiff.
7. Fold the cream into the cheese mixture and then fold in the egg whites.
8. Pour the mixture into the flan case and bake in an oven at 190°C for 35 minutes then turn the heat off and leave the cheesecake to cool in the oven.
9. When it is completely cooled, remove it from the oven. Take off the flan ring, dredge with icing sugar and serve.

Notes:

1. For variation, 50 g of raisins or sultanas may be added to the cheese mixture before the cream and egg whites are folded in.
2. It is not essential to sieve the cottage cheese but doing so will give a smoother texture to the cheesecake.
3. Allowing the cheesecake to cool in the oven will prevent it sinking.

16. COOKED ORANGE CHEESECAKE 8 PORTIONS

Ingredients**For the biscuit case**

Digestive biscuits	150 g
Butter	50 g
Honey	20 g
Fresh oranges	2
Caster sugar	50 g

For the filling

Butter	50 g
Fresh oranges	1
Caster sugar	75 g
Eggs	2
Cornflour	25 g
Cottage cheese	300 g
Icing sugar	100 g

Method

1. To make the case; crush the biscuits, squeeze the juice and grate the zest from the oranges.
2. Cream together the butter, honey, caster sugar and grated orange zest then mix in the crumbs.
3. Use this mixture to line the base and side of an unlined cake tin.
4. For the filling; grate the zest from the orange, separate the egg yolks from the whites and mix the cornflour with a little water.
5. Pass the cottage cheese through a sieve to remove the lumps.
6. Cream together the butter, orange zest and caster sugar. Add the egg yolks, cornflour, cottage cheese and lastly the orange juice.
7. Whisk the egg whites to a stiff peak and fold this into the cheese mixture.

8. Put the mixture into the biscuit case and bake in an oven at 160°C for 1¼ hours until firm and pale golden in colour. Then turn off the heat and leave the cheesecake to cool in the oven.
9. When completely cooled remove the cheesecake from the cake tin, dredge with icing sugar and serve.

Note: Cheese cake recipes can be varied by the use of different toppings such as fruit purees, fruit jellies or tinned and fresh fruits.

COMPOSITE SWEETS

17. TRIFLE (1) 10 PORTIONS

Ingredients

<u>Custard sauce</u>	750 ml
<u>Genoise sponge</u>	450 g
Commercial jelly	500 ml
Raspberry jam	200 g
Glace cherries	5
Angelica	5 g
Double cream	250 ml

Method

1. Prepare and cook the sponge. Allow it to cool then split it lengthways and spread it with raspberry jam.
2. Cut the sponge into 15 mm dice and divide equally between glass serving dishes or bowls.
3. Prepare the jelly, pour it onto the sponge and allow to set.
4. Prepare the custard sauce, allow it to cool whisking occasionally then pour it onto the jelly and allow to set.
5. Whisk the cream and use it with glace cherries and angelica to decorate the surface of the trifle.

18. TRIFLE (2) 10 PORTIONS

Ingredients

<u>Custard sauce</u>	750 ml
<u>Genoise sponge</u> or <u>Swiss roll</u>	450 g
Ratafia biscuits	350 g
<u>Stock syrup</u>	375 ml
Raspberry jam	200 g
Sweet sherry	200 ml
Double cream	250 ml

Method

1. Prepare and cook the sponge. Allow it to cool then split it lengthways and spread it liberally with jam. Cut it into 15 mm slices. As an alternative, swiss roll may be prepared and cut into 15 mm rounds.
2. Arrange the sponge or swiss roll nearly in serving bowls. Crush some of the ratafia biscuits and sprinkle these onto the sponge.
3. Prepare the stock syrup and mix it with the sherry. Pour this over the sponge and allow to soak.
4. Prepare the custard sauce, pour it over the sponge and allow to set.
5. Whisk the cream and use it with glace cherries, angelica, ratafia biscuits and toasted flaked almonds to decorate the surface of the trifle.

CREAM BASED

19. CREAM BRULEE 10 PORTIONS

Ingredients

Double cream	500 ml
Bay leaf	2
Eggs	8
Caster sugar	50 g
Demerara sugar	125 g
Vanilla essence	

Method

1. Separate the egg yolks from the whites.
2. Warm the cream and bay leaves in a saucepan to just below boiling point and mix together the egg yolks and caster sugar in a heatproof bowl.
3. Remove the bay leaves from the cream and mix the cream with the eggs and sugar mix.
4. Stand the mixture in a bath of hot water and cook, stirring constantly until the mixture is thick enough to coat the back of the spoon.
5. Strain the mixture, pour it into 10 ramekin dishes and refrigerate for 4 hours.
6. Completely cover the surface of each ramekin with a fine layer of demerara sugar.
7. Set the ramekins on a bed of ice and place them under a hot grill to caramelise the demerara sugar then refrigerate for a further 2 hours before serving.

COLD SOUFFLES**Notes:**

1. Sweet souffles are made with whipped cream and gelatine. As they are not baked but left to set in the refrigerator they cannot rise. To achieve the characteristic raised appearance of a souffle the dish (which can be made in either individual or large souffle moulds) should be prepared with a 20 mm deep collar made of greaseproof paper or thin card extending above the rim.
2. Pour the prepared mixture into the souffle dish until it reaches almost to the rim of the collar and place in a refrigerator to set.
3. When the souffle is required for service run a warmed knife between it and the collar. Carefully remove the collar then decorate very lightly, so as not to depress the souffle, with whipped cream and a selection from the following:

- a. Grated lemon, orange or lime peel
- b. Grated chocolate
- c. Chocolate run-outs
- d. Toasted flaked almonds
- e. Glace cherries and angelica

20. LEMON SOUFFLE
10 PORTIONS*Ingredients*

Fresh lemon	5
Eggs	8
Caster sugar	200 g
Powered gelatine	25 g
Double cream	300 ml

Method

1. Prepare the souffle moulds.
2. Grate the zest and squeeze the juice from the lemons.
3. Separate the egg yolks from the whites.

4. Stand a heatproof bowl containing 50 ml of water in a hot bain marie. Sprinkle the gelatine into the bowl and stir until it dissolves then put aside to cool.
5. Put the egg yolks, sugar, lemon zest and juice into a bowl and whisk until the mixture thickens.
6. Pour the gelatine into the mixture and mix both together.
7. Whisk the cream until it begins to thicken. Whisk the egg whites to a stiff peak then carefully fold first the cream and then the egg whites into the mixture.
8. Pour the souffle into the prepared moulds and refrigerate until set.
9. Remove the collar and decorate as required.

Notes:

21. **Chocolate souffle.** Melt 200 g of dark chocolate and add when whisking the egg yolks. For addition a flavour add 40 ml of rum or brandy at the same time.
22. **Coffee souffle.** Add 200 ml of strong black coffee or 100 ml of coffee essence when whisking the yolk mixture. For additional flavour add 40 ml of Tia Maria or coffee Curacao liqueur at the same time.

24. SYLLABUB
10 PORTIONS*Ingredients*

Fresh lemons	4
Brandy	80 ml
Sweet white wine or Sherry	100 ml
Caster sugar	150 g
Double cream	500 ml

Method

1. Remove the zest from two of the lemons with a peeler, leaving behind the white pith. Squeeze out the juice.
2. Put the peel and the lemon juice into a bowl, add the wine (or sherry) and the brandy. Cover the mixture and leave to infuse overnight.
3. Strain the liquid into a clean bowl, add the sugar and stir until dissolved.
4. Pour the cream slowly into the liquid, whisking vigorously until the syllabub stands in soft peaks then spoon into individual glasses or cups.
5. Keep the syllabub in a cool place, but not in a refrigerator, until required for service.
6. For garnish; remove the peel from the remaining lemons, cut into very fine strips, blanch, refresh and drain well then serve the syllabub with a cluster of drained lemon strips. Additionally, serve also with sponge fingers or ratafia biscuits.

FRUIT BASED**25. COMPOTE OF DRIED FRUIT**
10 PORTIONS

Ingredients

Dried fruit	400 g
Sugar	75 g

Method

1. Thoroughly wash the fruit, cover with one and a half times its volume of cold water and leave to soak overnight.
2. Bring to the boil in the liquor, add the sugar and simmer until the fruit is tender.
3. Remove from the stove, allow to completely cool then refrigerate. Allow to stand for 24 hours before use.
4. May be served chilled or hot.

Note: When using dried prunes, a few slices of lemon and a small quantity of cinnamon stick may be added during the cooking. When using dried apples, apricots and pears, lemon, cinnamon stick and a few cloves may be added during the cooking.

26. COMPOTE OF APPLES

10 PORTIONS

Ingredients

Apples	1 kg
Sugar	200 g
Water	1 ltr
Cinnamon stick	50 mm
Fresh lemon	1

Method

1. Peel the zest and squeeze the juice from the lemon. Place the sugar, lemon zest and juice, cinnamon stick and water into a saucepan. Bring to the boil and then simmer.
2. Peel, core and halve the apples, place them into the syrup.
3. Cover with a lid and cook in an oven at 190°C until tender.
4. Remove the saucepan from the oven, allow to cool and refrigerate for 24 hours.
5. Transfer the apples to a serving dish and strain the syrup over for service which may be either chilled or hot.

27. COMPOTE OF PEARS

10 PORTIONS

Ingredients

Pears	10
Sugar	200 g
Water	1 ltr
Fresh lemon	1

Method

1. Halve the lemon. Place the sugar and water into a saucepan, bring to the boil and then simmer.
2. Peel the pears without removing the stalks then remove the core from the base of the pear. Rub over each pear with lemon juice as it is peeled.
3. Place the pears into the syrup, cover with a lid and poach until tender. Remove from stove, allow to cool and then refrigerate for 24 hours.
4. Transfer the pears to a serving dish and strain the syrup over for service which may be either chilled or hot.

28. COMPOTE OF APRICOTS/PEACHES

10 PORTIONS

Ingredients

Apricot/peach	1 kg

Sugar	200 g
Water	1 ltr

Method

1. Blanch the fruit for ten seconds in boiling water then refresh in cold water and remove the skins. Put the sugar and water into a saucepan, bring to the boil and then simmer.
2. Place the fruit into the syrup, cover with a lid and poach in an oven at 190°C to gently poach until tender.
3. Remove from the oven, allow to cool and then refrigerate. Transfer the fruit to a serving dish and strain the syrup over for service which may be either chilled or hot.

29. COMPOTE OF CHERRIES

10 PORTIONS

Ingredients

Cherries	1 kg
Sugar	200 g
Water	1 ltr

Method

1. Clean and wash the cherries.
2. Put the sugar and water into a saucepan, bring to the boil and then simmer.
3. Place the cherries into the syrup, cover with a lid, and poach in an oven at 109°C until tender.
4. Remove from the oven, allow to cool and then refrigerate.
5. Transfer the fruit to a serving dish and strain the syrup over for service which may be either chilled or hot. Serve with a little of the syrup.

30. COMPOTE OF RHUBARB

10 PORTIONS

Ingredients

Rhubarb	1 kg
Sugar	200g
Water	500 g
Fresh lemon	1

Method

1. Peel the zest and squeeze the juice from the lemon.
 2. Place the sugar, the lemon zest and juice and the water into a saucepan, bring to the boil and then simmer.
 3. Trim the stalks and remove the leaves and coarse skin from the rhubarb. Wash and then cut into 90 mm lengths.
 4. Put the rhubarb into the syrup, cover with a lid and poach in an oven at 190°C until tender.
 5. Remove from the oven and transfer the rhubarb from the syrup into a serving dish.
 6. Reduce the syrup by half, allow it to cool then pour over the rhubarb for service which may be either chilled or hot.
- ## 31. COMPOTE OF STRAWBERRIES/RASPBERRIES
- ### 10 PORTIONS

Ingredients

Strawberries/raspberries	1 kg
Sugar	200 g
Water	500 ml

Method

1. Place the sugar and water into a saucepan, bring to the boil and then simmer.
2. Remove the stalks from the fruit and then wash.
3. Put the fruit into the syrup, return to the boil and then immediately remove from the stove.
4. Allow the fruit to cool and then refrigerate. Transfer the fruit from the syrup to a serving dish, and then pour over the fruit for service which may be either chilled or hot.

32. FRESH FRUIT SALAD

10 PORTIONS

Ingredients

Fresh fruit	1.5 kg
Caster sugar	150 g
Fresh lemon	1
Water	250 ml
Liqueur (optional)	125 ml

Method

1. Squeeze the juice from the lemon.
2. Boil the water and sugar together for 2 minutes. Allow to cool and then add the lemon juice and some liqueur if required.
3. Prepare the fruit. Put it into a bowl and pour on the cold syrup. Place in a cool place or refrigerate for 1 hour to allow the flavours of the fruits to develop.

33. FRUIT FOOL

10 PORTIONS

Ingredients

Fresh fruit	400 g
Double cream	250 ml
Sugar	100 g

Method

1. Poach the fruit in a small quantity of water, the amount of added sugar depending upon the type of fruit used.
2. Allow the fruit to cool then sieve or blend to produce a puree.
3. Whisk the cream until stiff then fold in the fruit puree.
4. Pour the mixture into glasses or coupes, chill and decorate before serving with some grated chocolate, shortbread biscuits or cats tongues.

34. FRUIT JELLY

10 PORTIONS

Ingredients

Jelly crystals or packet jelly	1 ltr
Fresh or tinned fruit	500 g
<u>Whipped cream</u>	100 ml

Method

1. Prepare the fresh fruit or drain the tinned fruit then cut into either dice or thin slices.

2. Prepare the jelly in accordance with the manufacturers instructions and allow to cool.
3. Rinse the mould out with cold water. Pour in a little of the jelly and allow to set.
4. Decorate this with a layer of fruit then pour on more jelly sufficient to cover the fruit and allow to set.
5. Repeat this process until all the fruit has been used and the mould is full.
6. Place in a refrigerator to set.
7. Prepare for service by plunging into hot water for a few seconds and then turning out onto a serving dish or place and decorating with whipped cream.

Notes:

1. An additional 25 g of gelatine may be added when making jelly which is to be served in particularly warm temperature.
2. Fruit jellies may be set and served in individual glass sundae dishes.

35. SUSANS SUMMER PUDDING

10 PORTIONS

Ingredients

Selection of mixed soft fruit	
Strawberries, raspberries, blackberries, blackcurrants, cherries, redcurrants	1 kg
White sandwich loaf	15 slices
Caster sugar	200 g
Double cream	100 ml

Method

1. Remove the crusts from the bread and completely line either pudding basins or individual moulds.
2. Put the fruit and sugar into a shallow pan, cover, bring to the boil and simmer for 3 minutes on a low heat.
3. Fill the moulds with this mixture then cover with the remaining bread.
4. Put a small plate on top of the mould then place a weight on top, sufficient to press the plate down onto the pudding.
5. Place the pudding into a refrigerator to chill for 8 hours before removing from the mould immediately prior to service. Decorate with whipped cream or serve with a sauceboat of cream.

MERINGUE BASED

36. APPLE MERINGUE FLAN

10 PORTIONS

Ingredients

<u>Flan paste</u>	500 g
<u>Meringue</u>	400 g
<u>Apple puree</u>	1 kg
Caster sugar	50 g

Method

1. Prepare the apple puree.
2. Prepare the flan paste, line the flan rings, crimp the edges and prick the bases with a fork.
3. Line the flan with greaseproof paper, bake blind and cook in an oven at 190°C for 25 minutes.
4. Remove from the oven and take out the blind baking material.
5. Prepare the meringue and put it into a piping bag containing a large star tube.
6. Two thirds fill the flans with apple puree then neatly pipe on the meringue.
7. Dust the flan lightly with caster sugar and place it into an oven at 190°C to cook and lightly colour the meringue.

37. APPLE SNOW

10 PORTIONS

Ingredients

<u>Apple puree</u>	500g
<u>Meringue</u>	400 g
Fresh lemon or orange	1

Method

1. Squeeze the juice and grate the zest from either an orange or a lemon.
2. Prepare the apple puree and add the zest and juice of the fruit.
3. Prepare the meringue and then fold it into the apple puree. The mixture can then be put into a chilled glass dish or into chilled coupes and refrigerated for service.

38. PAVLOVA
10-12 PORTIONS*Ingredients*

<u>Meringue</u>	800 g
<u>Vanilla essence</u>	2 ml
<u>Whipped cream</u>	750 ml
Fresh or tinned fruit	400 g

Method

1. Prepare the meringue adding the vanilla essence with the sugar.
2. Very lightly grease baking trays.
3. Using a piping bag and plain tube, pipe four 250 mm rounds of meringue onto the baking sheets. Using a large star piping tube, pipe sufficient stars or rosettes of meringue onto a baking sheet to decorate the top of the pavlova.
4. Bake in an oven at 120°C until the meringue is crisp. Remove the meringue from the baking trays and place to one side.
5. Prepare the fruit; small fruits should be left whole, large fruits should be halved or sliced and tinned fruit must be well drained of syrup.
6. Whisk the cream and fruit. Finish the top layer of the pavlova with a little cream on which can be placed the stars or rosettes of meringue. Chill before service.

39. VACHERIN

Ingredient

<u>Meringue</u>	200 g
<u>Sweet pastry</u>	400 g
<u>Whipped cream</u>	750 ml
Prepare fresh or tinned fruit	
Chocolate chips	

Method 1

1. Roll out a round of sweet paste 20 cm in diameter and 3 mm thick, prick with a fork then lightly blind bake in an oven at 160°C.
2. Prepare the meringue mix and with a piping bag and star tube, pipe out small shells or circles 5 cm diameter onto greaseproof paper.
3. Cook these in a very slow oven and then using a piping bag containing meringue mix secure them around the top edge of the pastry base. Bake in an oven at 160°C until the meringue is set.
4. Fill case with fruit and whipped cream and decorate with chocolate chips for service.

Method 2

<u>Meringue</u>	200 g
<u>Sweet pastry</u>	100 g
<u>Whipped cream</u>	200 ml

1. Roll out a round of sweet paste to 5.5 cm in diameter and 3 mm thick, prick with a fork and bake blind in an oven at 160°C until cooked and lightly coloured.
2. Prepare the meringue mix and using a piping bag and a star tube pipe three rounds 5.5 cm in diameter onto grease proof paper. Cook these in a very slow oven.
3. Place two or more of these meringue rounds on the sweet pastry base and using a piping bag and a star tube cover the outside with lattice work meringue.
4. Bake in an oven at 160°C.
5. Allow to cool then decorate the top with whipped cream for service.

MILK PUDDINGS40. BAKED EGG CUSTARD
10 PORTIONS*Ingredients*

Milk	1 ltr	
Sugar		100 g
Eggs		6
Vanilla essence		
Nutmeg		5 g

Method

1. Put the milk, sugar and vanilla essence into a saucepan and bring to blood heat.
2. Whisk the eggs in a basin then pour on the warmed milk.
3. Strain the custard then divide it between either heatproof pie dishes or individual glass dishes. Sprinkle a little nutmeg on the surface of each one.
4. Cook in a bain marie, without boiling in an oven at 180°C until the custard is set. Allow to cool for service.

41. BANANA CUSTARD
10 PORTIONS*Ingredients*

Bananas	10
<u>Custard sauce</u>	500 ml
<u>Fresh cream</u>	125 ml

Method

1. Peel and slice the bananas across and place the slices into glass bowls or individual coupes.
2. Prepare the custard sauce and pour it over the bananas.
3. Allow to cool completely. Whisk the cream to a stiff peak and decorate as required.

42. CHOCOLATE BLANCMANGE
10 PORTIONS*Ingredients*

Cornflour	60 g
Milk	750 ml
Sugar	100 g
Cocoa powder	25 g
<u>Fresh cream</u>	125 ml

Method

1. Mix the cornflour, sugar and cocoa powder with a little of the milk to make a smooth paste.
2. Bring the remainder of the milk to the boil then pour onto the mixture, whisking constantly.
3. Return the mixture to the saucepan and re-boil, stirring constantly.
4. Rinse the mould with cold water and pour in the blancmange, allow to cool and set. Remove the blancmange from the mould. Whisk the cream to a stiff peak and using a piping bag containing a star tube decorate the blancmange for service.

43. CREME CARAMEL

10 PORTIONS

Ingredients

Milk 1 ltr	
Sugar	275 g
Eggs	6
Vanilla essence	
Water	185 ml

Method

1. Place 125 ml of the water and the sugar into a thick bottomed saucepan.
2. Bring to the boil and cook to a dark golden brown.
3. Add the remaining 60 ml of water and reboil.
4. Divide equally among individual heatproof moulds and allow to set.
5. Put the milk, sugar and vanilla essence into a saucepan and bring to blood heat.
6. Whisk the eggs in a basin then pour on the warmed milk.
7. Strain the custard and divide it equally between the moulds.
8. Cook in a bain marie without boiling in an oven at 180°C until the custard is set. Allow to cool and turn the custard out with the caramel uppermost for service.

44. DIPLOMAT PUDDING
10 PORTIONS*Ingredients*

<u>Raspberry jelly</u>	250 ml
<u>Genoise sponge</u>	100 g
<u>Stock syrup</u>	20 ml
<u>Redcurrant sauce</u>	250 ml
<u>Vanilla bavarois</u>	750 ml
Brandy	25 ml
Sherry or Madeira	60 ml
Currants	25 g
Sultanas	25 g
Glaze cherries	35 g
Angelica	15 g

Method

1. Cut the genoise sponge into 15 mm dice.
2. Cut the cherries and angelica into small dice, mix with the currants, sultanas and genoise sponge. Place those ingredients into a basin, add the sherry, brandy and stock syrup, and allow to macerate for 1 hour.
3. Prepare the raspberry jelly and chemise the bottom of the charlotte or other suitable moulds to a depth of 15 mm. Put in a cool place or a refrigerator to set.
4. Prepare the vanilla bavarois and when it is on the point of setting fold it into the cake and fruit.
5. Fill the moulds and allow to set.
6. Remove from the mould and serve, jelly uppermost on a dish and surrounded with redcurrant sauce.

45. JUNKET
10 PORTIONS*Ingredients*

Milk 1.5 ltr	
Rennet	30 ml
Sugar	25 g
Nutmeg	5 g

Method

1. Dissolve the sugar in milk warmed to blood heat.
 2. Pour the milk into the dishes in which it is to be served.
 3. Stir in the rennet and put the dishes in a warm place (not an oven) to allow the junket to set.
 4. Use a little grated nutmeg to decorate the junket for service.
46. MILK JELLY
10 PORTIONS

Ingredients

Milk 1 ltr	
Sugar	100 g
Lemon	1
Powered gelatine	50 g
Water	60 ml

Method

1. Warm the water in a saucepan, sprinkle in the gelatine and stir until it is completely dissolved.
2. Grate the zest from a quarter of the lemon.
3. Place the milk, sugar and lemon zest in a saucepan and bring to the boil.
4. Pour the milk onto the gelatine allow the mixture to cool slightly then strain and pour it into moulds or coupes to set for service.

RICE BASED27. CONDE RICE
10 PORTIONS*Ingredients*

Pudding rice	175 g
Milk 1.75 ltr	
Sugar	75 g
Nutmeg	

Method

1. Wash over the rice and simmer together with the milk and sugar in a covered saucepan until tender.
2. Put into serving dishes or coupes and serve sprinkled with a little grated nutmeg and stewed fruit.

Notes:

Fruit Condes (Cold)

1. Fruit condes may be made with the rice base from the conde rice recipe which should be allowed to cool and then be blended with whipped cream (125 ml per 10 portions), and served in glass bowls or coupes.
2. Any tinned compote fruits are suitable and these should be placed on top of the rice, masked with apricot glaze and decorated with whipped cream, glaze cherries and angelica.

PASTRY BASED48. APPLE SLICE
10 PORTIONS*Ingredients*

<u>Puff pastry</u>	500 g
<u>Apricot glaze</u>	250 ml
Egg 1	
Cooking apples	600 g

Method

1. Roll out the puff pastry 3 mm thick, then cut into strips 100 mm wide and place onto baking trays.
2. Prick the pastry with a fork and egg wash the edges.
3. Cut further strips of puff pastry 20 mm wide and 5 mm thick. Place along the edges and crimp.
4. Brush the raised edge with egg wash.
5. Peel and core the apples, cut into halves and thinly slice across the apple retaining the half apple shape.
6. Press lightly with the hand to flatten and lift with a pallet knife onto the pastry strips.
7. Bake in an oven at 190°C for 30 minutes.
8. Remove from the oven, brush the applies with boiling apricot glaze and allow to cool and set before cutting up for service.

49. PROFITEROLES
10 PORTIONS

Ingredients

<u>Choux paste</u>	400 ml
<u>Whipped cream</u> or <u>Pastry cream</u>	150 ml
Icing sugar	50 g
Eggs	1

Method

1. Lightly grease baking trays.
2. Prepare the choux paste and using a piping bag containing a 120 mm plain tube pipe the paste onto the baking trays in bell shapes 20 mm in diameter.
3. Brush with egg wash and cook in an oven at 220°C and to a golden brown colour.
4. Remove from the oven and allow to cool.
5. Fill the profiteroles with whipped or pastry cream, dredge with icing sugar and serve on a doily covered dish accompanied by a chocolate sauce which may be served either hot or cold.

50. FRUIT FLAN

8 PORTIONS

Ingredients

<u>Flan paste</u>	500 g
<u>Pastry cream</u>	500 ml
Tinned fruit	400 g
or	
Fresh fruit	500 g
<u>Apricot glaze</u>	100 ml
Egg	1

Method

1. Prepare the fruit (see notes) and the apricot glaze.
2. Prepare the flan paste and roll out 5 mm thick. Line a 230 mm flan ring with the paste.
3. Line the inside of the flan with greaseproof paper and bake blind in an oven at 190°C for 20 minutes.
4. Remove from the oven, take out the blind bake and the greaseproof paper and take off the flan ring. Egg wash the pastry inside and out and return to the oven to colour.
5. Prepare the pastry cream and while it is still hot ¾ fill the flan case then allow to cool.
6. Arrange the fruit on the pastry cream.
7. Boil the apricot glaze and brush over the fruit. Allow to set then cut into portions.

51. LEMON MERINGUE PIE

10 PORTIONS

Ingredients

<u>Flan paste</u>	400 g
<u>Basic meringue</u>	200 g
Milk	500 ml
Lemons	2
Sugar	50 g
Cornflour	25 g
Eggs	2
Caster sugar	25 g

Method

1. Prepare the flan paste and roll it out 5 mm thick.
2. Line two flan rings with the paste.
3. Line the insides of the flans with greaseproof paper and bake blind in an oven at 190°C for 20 minutes.
4. Separate the egg yolks from the whites, grate the zest and squeeze the juice from the lemons.
5. Mix the cornflour with a little milk to a smooth paste.

6. Put the sugar and zest into the remainder of the milk and bring to the boil, add the cornflour and cook for 2 minutes.

7. Add the lemon juice and then pour the mixture onto the egg yolks stirring constantly.
8. Remove the blind bake and greaseproof paper from the flans then three-quarters fill them with the lemon filling and allow to cool.
9. Prepare the meringue and then spread or pipe it over the lemon fillings.
10. Dust with caster sugar, place into an oven at 150°C to cook and lightly colour the meringue.

Note: As an alternative to the lemon pie filling used in this recipe, a rich lemon curd filling may be used:

Ingredients

Butter	100 g
Caster sugar	100 g
Egg Yolks	2
Lemon juice and zest	1

Method

Cream together the egg yolks and sugar in a heatproof bowl, add the butter, lemon juice and zest then place the bowl in a bath of hot water over low heat and whisk continuously until the mixture thickens.

52. STRAWBERRY SHORTCAKE

10 PORTIONS

Ingredients

Shortcake	
Flour	225 g
Baking powder	10 g
Salt	good pinch
Nutmeg	pinch
Caster sugar	50 g
Unsalted butter	60 g
Eggs	1
Single cream	125 ml

Filling

Strawberries	300 g
Caster sugar	60g
Unsalted butter	100
Double cream	250 ml
Kirsch Grand Marnier	40 ml

*Method***Filling**

1. Clean the strawberries and reserve several whole fruits for decoration. Prepare 100 g in slices, crush the remainder and stir in 40g of the caster sugar and 20 ml of the liqueur. Fold in the sliced fruit and set aside.

SHORTCAKE

2. Butter and flour two sandwich tins, (approximately 200 cm in size).
3. Sieve together the flour, baking powder, salt, nutmeg and caster sugar.
4. Cut the butter into cubes, and mix with the flour to a fine sandy texture. Make a bay.
5. Whisk together the egg and single cream, pour into the bay and mix all ingredients into a smooth dough.
6. Roll out the dough on a lightly floured board, fill the sandwich tins and bake at 220°C for 20 minutes.
7. Remove from the oven and turn out onto a pastry wire to cool.

ASSEMBLY

8. Whisk the double cream to a soft peak then add the remaining 20 g of caster sugar and 20 ml of liqueur.

9. Butter one side of each layer of shortcake.
10. Spread the strawberry filling over the bottom layer and then sandwich it with the top layer.
11. Decorate the surface with the cream and the whole strawberries for service.

YEAST BASED

53. BASIC SAVARIN DOUGH (FOR SAVARIN, BABAS AND MARIGONS)
600 GRAMMES

Ingredients

Flour (regular)	125 g
Flour (strong)	225 g
Sugar	10 g
Eggs	3
Salt	pinch
Yeast	10 g
Milk	75 g
Butter	100 g

Method

1. Prepare the moulds by greasing with butter and then dusting with flour.
2. Sieve together the flour and salt, make a bay.
3. Mix the eggs, sugar, milk and yeast together and pour into the bay.
4. Mix in a quarter of the flour to make a batter. Cover with a cloth and put in a warm place to ferment for 20 minutes then stir in the remaining flour and mix to a soft dough.
5. Melt the butter and pour it on top of the dough. Cover and put in a warm place to prove to double its size.
6. Stir the butter into the dough and allow to prove again.
7. Knock back the dough and fill the moulds.

Note: This mixture is sufficient to produce two savarins, four marignons or four babas.

54. MARIGNONS
6-8 PORTIONS

Ingredients

<u>Basic savarin dough</u>	1.2 kg
<u>Apricot glaze</u>	200 g
<u>Whipped cream</u>	150 ml
<u>Savarin syrup</u>	200 ml

Method

1. Prepare the savarin dough and large barquette moulds by greasing with butter and then dusting with flour.
2. One third fill each mould with dough and bake in an oven at 230°C for 20 minutes.
3. Remove the marignons from the oven and turn them out of the moulds onto a pastry wire to cool.
4. Prepare the savarin syrup and the apricot glaze.
5. Soak the marignons in the hot savarin syrup then place them onto a pastry wire to drain.
6. Make oblique incision lengthways on the surface then mask with boiling apricot glaze
7. Decorate with whipped cream for service.

55. RUM BABAS
6-8 PORTIONS

Ingredients

<u>Basic savarin dough</u>	1.2 kg
<u>Apricot glaze</u>	200 g
<u>Whipped cream</u>	150 ml
<u>Savarin syrup</u>	200 ml
Currants	25 g
Glaze cherries	4
Rum	60 ml

Method

1. Wash and dry the currants and prepare the baba moulds.
2. Prepare the savarin dough adding the currants after mixing in the butter and before the second proving takes place.
3. One third fill each mould with dough and bake in an oven at 230°C for 20 minutes.
4. Remove the babas from the oven and turn them out of the moulds onto a pastry wire to cool.
5. Prepare the savarin syrup and add the rum.
6. Soak the babas in the hot rum syrup then place them onto a pastry wire to drain.
7. Mask with boiling apricot glaze and decorate with a rosette of whipped cream and a glaze cheery.

56. SAVARIN WITH FRUIT
8 PORTIONS

Ingredients

<u>Basic savarin dough</u>	600 g
Filleted almonds	50 g
<u>Apricot glaze</u>	200 g
<u>Fresh fruit salad</u>	500 g
<u>Savarin syrup</u>	500 ml

Method

1. Prepare the savarin dough and the savarin moulds.
2. Put the dough into the moulds and bake in an oven at 190°C for 40 minutes.
3. Remove from the oven and turn out of the moulds onto a pastry wire to cool.
4. Prepare the savarin syrup and the apricot glaze. Toast the almond fillets.
5. Soak the savarin in the hot syrup then place them onto a pastry wire and allow to drain.
6. Mask the savarins with boiling apricot glaze and place them on a round serving dish. Fill the centre with fresh fruit salad and decorate the top with the toasted almonds.

PART 3 - PASTRY

CHAPTER THIRTY FIVE

HOT SWEETS

BOILED/STEAMED

1. Sponge pudding (1) (rubbing in)
2. Sponge pudding (2) (creaming)
3. Black cap sponge pudding
4. Castle sponge pudding
5. Chocolate sponge pudding
6. Golden sponge pudding
7. Jam sponge pudding
8. Lemon sponge pudding
9. Orange sponge pudding
10. Vanilla sponge pudding
11. Christmas pudding
12. Devonshire roll
13. Jam roll

FRITTERS

14. Apple
15. Banana
16. Bread and jam
17. Pineapple
18. Souffle

FRUIT BASED

19. Apple charlotte
20. Apple crumble
21. Baked apples
22. Eves pudding

MILK PUDDING

23. Bread and butter
24. Cabinet
25. French milk
26. Queen of puddings
27. Rice baked
28. Rice steamed
29. Sago baked
30. Sago creamed
31. Semolina baked
32. Semolina creamed
33. Tapioca baked
34. Tapioca creamed

PANCAKES

35. Filled - apple
36. Folded - lemon
37. Rolled - jam

PASTRY BASED

38. Apple flan (1)
39. Apple flan (2)
40. Apple dumplings
41. Apple strudel
42. Bakewell tart
43. Custard tart
44. Dutch apple pie
45. Apple pie
46. Jam puffs
47. Jam roll baked
48. Jam tart
49. Jam turnover
50. Mince tart
51. Treacle tart

SOUFFLES

52. Lemon
53. Oranges
54. Chocolate
55. Coffee
56. Vanilla
57. Cecelia
58. Grand Marnier
59. Strawberry
60. Apple
61. Omlette

UNCLASSIFIED

62. Spiced bread pudding
63. Zabaglione

BOILED/STEAMED**1. SPONGE PUDDING (RUBBING IN)
10 PORTIONS***Ingredients*

Flour	300 g
Baking powder	15 g
Margarine	150 g
Sugar	150 g
Egg	1
Milk	375 ml
Salt	375 ml

Method

1. Oil and flour pudding basins and sieve together the flour, baking powder and salt.
2. Rub in the margarine to a sandy texture.
3. Make a bay in the centre, add the sugar, egg and half the milk then mix to a smooth texture gradually adding the remaining milk.
4. Divide the mixture equally between the pudding basins, cover with greaseproof paper and steam for 1½ hours at 2 kg pressure.

**2. SPONGE PUDDING (CREAMING METHOD)
10 PORTIONS***Ingredients*

Flour	250 g
Margarine	150 g
Sugar	150 g
Baking powder	5 g
Eggs	3

Method

1. Oil and flour pudding basins and sieve together the flour and baking powder.
2. Cream together the margarine and sugar then gradually add the eggs beating continuously.
3. Fold in the flour and baking powder, divide the mixture equally between the pudding basins then cover with greaseproof paper and steam for 1½ hours at 2 kg pressure.

Variations of the basic recipe

3. **BLACK CAP PUDDING.** To the sponge pudding recipe add 25 g of washed and dried currants after beating in the eggs.
4. **CASTLE PUDDING.** Divide the sponge pudding mixture equally between greased and floured dariole moulds. 1¼ hours at 2 kg steam pressure.
5. **CHOCOLATE SPONGE PUDDING.** Substitute 25 g of cocoa powder for 25 g of flour.
6. **GOLDEN SPONGE PUDDING.** Put 75 g of golden syrup into the bottom of the prepared moulds before putting in the basic mixture.
7. **JAM SPONGE PUDDING.** Put 100 g of jam into the bottom of the prepared moulds then fill the moulds before putting in the basic mixture.
8. **LEMON SPONGE PUDDING.** Grate the zest and squeeze the juice from one lemon. Add the zest and juice to the sponge mixture after beating in the eggs.
9. **ORANGE SPONGE PUDDING.** Grate the zest and squeeze the juice from half a lemon and one whole orange. Add the zest and juice to the sponge mixture after beating in the eggs.

10. **VANILLA SPONGE PUDDING.** To the sponge pudding recipe add 5 ml of vanilla essence before adding the flour and baking powder.

Sauces

1. It is quite acceptable to serve custard sauce with all these puddings although a particular pudding should be accompanied by its appropriate sauce.

Black Cap Pudding: Custard sauce.

Castle Pudding: Custard or syrup sauce.

Chocolate Sponge Pudding: Chocolate sauce.

Golden Sponge Pudding: Syrup sauce.

Jam Sponge Pudding: Jam sauce.

Lemon Sponge Pudding: Lemon sauce.

Orange Sponge Pudding: Orange sauce.

Vanilla Sponge Pudding: Vanilla sauce.

**11. CHRISTMAS PUDDING
100 PORTIONS***Ingredients*

Sultanas	1.2 kg
Currants	1.2 kg
Rasins	1.2 kg
Mixed peel	800 g
Suet	1.2 kg
Breadcrumbs	800 g
Flour	600 g
Crystallised ginger	100 g
Prunes	200 g
Ground almonds	100 g
Eggs	12
Salt	10 g
Brown sugar	800 g
Oranges	6
Lemons	2
Apples	1.5 kg
Mixed spice	25 g
Stout	750 ml
Rum	50 ml
Brandy	50 ml
Madeira	125 ml
Sherry	125 ml
Milk	25 ml

Method

1. Chop the suet and crystallised ginger.
2. Peel, core and finely chop the apples.
3. Wash and dry the dried fruit, stone and chop the prunes.
4. Grate the zest and squeeze the juice from the oranges and lemons.
5. Sieve together the flour, salt and mixed spice and add breadcrumbs, mixed peel, chopped crystallised ginger, apples, prunes, brown sugar, orange and lemon zest.
6. Make a bay in the centre, mix the eggs with the milk, brandy, rum, stout, madeira, sherry and orange and lemon juices and pour into the bay.
7. Mix all the ingredients thoroughly together, cover with a cloth and allow to stand in a cool place for 24 hours.
8. Oil pudding basins and ¾ fill each one with the mixture; divide between the greased basins.
9. Cover with greaseproof or silicone paper and steam or boil for 4 hours.
10. Remove from the steamer and, if not for immediate use, recover with fresh paper and store in a cool dry place until required.
11. When required for use reboil or steam for a further 2 hours.

12. DEVONSHIRE ROLL 10 PORTIONS

<i>Ingredients</i>	
Sultanas	75 g
Apples	500 g
Sugar	75 g
Cinnamon	5 g
<u>Suet paste</u>	1 kg

Method

1. Oil the pudding sleeves.
2. Peel, core and slice the apples.
3. Roll out the suet paste to a rectangle 10 mm thick. Moisture the edges with water.
4. Cover with sliced apples to within 15 mm of the edges.
5. Sprinkle with sultanas, cinnamon and sugar.
6. Roll up and then carefully seal the ends.
7. Place into the pudding sleeves and steam for 2 hours. Serve with custard sauce.

13. STEAMED JAM ROLL 10 PORTIONS

<i>Ingredients</i>	
Jam	120 g
White bread	100 g
<u>Suet paste</u>	1 kg

Method

1. Grease the pudding sleeves.
2. Remove the crusts from the bread and make the bread into breadcrumbs.
3. Warm the jam.
4. Roll out the suet paste to a rectangle 10 mm thick, moisten the edges with water.
5. Spread with the warmed jam to within 15 mm of the edges.
6. Sprinkle with the white breadcrumbs.
7. Roll up and then carefully seal the edges.
8. Place into the pudding sleeves and steam for 2½ hours.
9. Serve with jam or custard sauce.

FRITTERS

14. APPLES FRITTERS 10 PORTIONS

<i>Ingredients</i>	
Apples	500 g
Sugar	200 g
Cinnamon	10 g
Flour	100 g
<u>Yeast batter</u>	500 g
<u>Apricot sauce</u>	750 ml

Method

1. Prepare the yeast batter, mix the cinnamon with the sugar. Prepare the apricot sauce.
2. Peel and core the apples and cut into rings of 6 mm thickness.
3. Pass through the flour, coat with the yeast batter and deep fry until crisp and golden brown.
4. Remove from the oil, drain thoroughly and roll in the cinnamon sugar.
5. Serve the fritters in a doily covered dish accompanied by hot apricot sauce.

Notes:

1. The most suitable size apple is one of 100 g which can be cut into 4 rings.

2. As an alternative to rolling in cinnamon sugar, the fritters may be dusted with icing sugar and glazed under a grill before serving.

15. BANANA FRITTER 10 PORTIONS

<i>Ingredients</i>	
Bananas	10
Flour	100 g
Icing sugar	125 g
<u>Yeast batter</u>	500 ml
<u>Apricot sauce</u>	750 ml

Method

1. Prepare the yeast batter and apricot sauce.
2. Peel the bananas and cut in two with a slanting cut across the centre.
3. Pass through the flour, coat with the yeast batter and deep fry until crisp and golden brown.
4. Remove from the oil and drain thoroughly.
5. Dust with icing sugar and glaze under the grill.
6. Serve in a doily covered dish accompanied by hot apricot sauce.

16. BREAD AND JAM FRITTERS 10 PORTIONS

<i>Ingredients</i>	
Bread slices	20
Butter or margarine	100 g
Jam	200 g
Milk	250 ml
Sugar	300 g
Cinnamon	15 g
<u>Yeast batter</u>	500 ml
<u>Custard sauce</u>	750 ml

Method

1. Prepare the yeast batter, mix the cinnamon with the sugar.
2. Spread ten slices of bread with butter or margarine and the other ten with jam and sandwich together.
3. Remove the crusts and cut each sandwich in half diagonally.
4. Moisten both sides of the sandwich liberally with milk.
5. Coat with the yeast batter and deep fry until crisp and golden brown.
6. Remove from the oil and drain thoroughly and then dust with the cinnamon sugar.
7. Serve in a doily covered dish accompanied by hot custard sauce.

17. PINEAPPLE FRITTERS 10 PORTIONS

<i>Ingredients</i>	
Pineapple rings	10
Flour	100 g
Icing sugar	125 g
<u>Yeast batter</u>	500 ml
<u>Apricot sauce</u>	750 ml

Method

1. Prepare the yeast batter and apricot sauce.
2. Drain the pineapple rings and cut into halves.
3. Pass through the flour, coat with the yeast batter and deep fry until crisp and golden brown.

4. Remove from the oil and drain thoroughly then dust with icing sugar and glaze under a grill.
5. Serve in a doily covered dish accompanied by hot apricot sauce.

18. SOUFFLE FRITTERS 10 PORTIONS

Ingredients

<u>Choux paste</u>	400 ml
<u>Apricot sauce</u> or <u>Redcurrant sauce</u>	750 ml
Caster sugar	100 g

Method

1. Prepare the choux paste and put it into a piping bag containing a 13 mm plain tube.
2. Pipe the paste onto oiled greaseproof paper in 50 mm rings. (The paper must be of a size that will fit inside the frying being used).
3. Place the choux rings into deep hot oil on the paper which should be withdrawn immediately the rings detach themselves.
4. Fry the rings until they are crisp and golden brown then remove from the oil.
5. Drain on dish paper, dust with the caster sugar and serve hot accompanied by either hot apricot or redcurrant sauce.

Note: As an alternative to piping, the choux paste may be lifted with a dessert spoon and struck off into the hot oil in balls. Deep fry and present in the same way as for rings.

FRUIT BASED

19. APPLE CHARLOTTE 10 PORTIONS

Ingredients

Thin sliced bread	250 g
Cooking apples	1 kg
Butter	200 g
Sugar	150 g
Lemon	1
Cinnamon	5 g
Apricot jam	50 g
<u>Apricot sauce</u>	750 ml

Method

1. Peel, core and slice the apples. Grate the zest from half the lemon.
2. Melt ½ of the butter in a saucepan with the sugar and add the sliced apple and lemon zest. Toss together until almost cooked then stir in the apricot jam and the cinnamon.
3. Remove from the heat and allow to cool.
4. Trim the crusts from the bread and cut enough into small triangles to fit the bottom of the charlotte mould.
5. Cut the remainder into fingers approximately 25 mm wide and the depth of the mould.
6. Melt the remainder of the butter.
7. Dip one side of the triangles of bread in the melted butter and arrange, butter side down and slightly overlapping in the bottom of the charlotte mould.
8. Dip one side of the fingers of bread in the melted butter and arrange butter side outwards and slightly overlapping, around the side of the mould.
9. Fill the mould with the apple puree and cover the top of the mould with a round of bread.
10. Bake in an oven 220°C for 45 minutes until the bread is crisp and golden brown.
11. Turn out onto a round serving dish and serve with hot apricot sauce.

Notes:

1. The apricot sauce may be flavoured with rum or rum essence.
 2. White breadcrumbs (100 g to 1 kg of applies) may be added to the apple puree.
- #### 20. APPLE CRUMBLE 10 PORTIONS

Ingredients

Apples	1.2 kg
Flour	400 g
Margarine	150 g
Caster sugar	200 g
Butter	25 g

Method

1. Core, peel and slice the apples.
2. Grate the zest and squeeze the juice of the lemon. Rub the margarine into the flour then mix in the sugar.
3. Oil pie or heatproof glass dishes, put the apples in the bottom and sprinkle them with the lemon juice and yeast and 50 g of the sugar and cover with the dry mix. Press down lightly.
4. Bake in an oven at 200°C for 30 minutes and serve hot with a hot custard sauce.

21. BAKED APPLES 10 PORTIONS

Ingredients

Cooking apples	10
Butter	50 g
Sugar	200 g
Cloves	10
Water	10

Method

1. Select and wash apples of approximately the same size.
2. Remove the cloves and make an incision 2 mm deep round the centre of each apple.
3. Place the apples in baking dishes. Fill the cavities with sugar and add a clove.
4. Add sufficient water to barely cover the bottom of the baking dish. Bake in an oven at 180°C until cooked.
5. Serve with custard sauce.

Note: It is important that the apples are baked slowly or they will burst and collapse.

22. EVES PUDDING 10 PORTIONS

Ingredients

<u>Apple sauce</u>	800 g
<u>Genoise sponge mix</u>	500 g
Butter	50 g

Method

1. Prepare the apple puree.

- Grease the pie dishes with the butter and put in the apple puree.
- Prepare the genoise mix and pour it over the apple puree.
- Bake in an oven at 180°C until the sponge is cooked.
- Serve with custard sauce.

MILK PUDDINGS**23. BREAD AND BUTTER PUDDING**
10 PORTIONS*Ingredients*

Sliced bread	200 g
Milk 1 ltr	
Sultanas	50 g
Sugar	75 g
Butter	100 g
Eggs	5
Vanilla essence	
Caster sugar	50 g

Method

- Grease the pie dishes with a little of the butter. Soften the remainder and butter the bread.
- Cut off the crusts and then cut the slices into triangles.
- Arrange neatly in the pie dishes, sprinkling some sugar and sultanas between the layers.
- Prepare a custard with the eggs, sugar and milk. Pour the mixture through a strainer into the pie dishes and allow to stand for 15 minutes.
- Stand the pie dishes in a bath of water and poach in an oven at 180°C until the custard has set and the surface is lightly coloured.
- Remove from the oven and dust with caster sugar before serving.

24. CABINET PUDDING
10 PORTIONS*Ingredients*

Plain cake	200 g
Glace cherries	25 g
Angelica	25 g
Sultanas	50 g
Milk 1 ltr	
Sugar	100 g
Eggs	6
Vanilla essence	

Method

- Oil and sugar individual dariole moulds.
- Cut the cake into 5 mm dice, chop the cherries and angelica. Mix the cake, cherries, angelica and sultanas together and divide equally between the moulds.
- Prepare a custard with the eggs, sugar and milk. Pour the mixture through a strainer into the moulds until almost full.
- Stand the moulds in a bath of water and poach in an oven at 180°C for 30 minutes, or until the custard is set.
- Remove from the oven and turn out of the moulds to serve accompanied by custard sauce.

25. FRENCH MILK PUDDING
10 PORTIONS*Ingredients*

Short grain rice	150 g
Sugar	150 g
Eggs	4
Butter	50 g
Icing sugar	10 g
Milk 1.5 ltr	
Vanilla essence	

Method

- Grease the pie dishes with a little butter and dust with sugar. Simmer the rice in the milk until it is cooked.
- Separate the egg yolks from the whites. Mix the yolks, sugar, butter and vanilla essence together in a basin.
- Pour the rice onto the egg, butter and sugar mixture, stirring constantly to avoid curdling the yolks. Allow to cool. Whisk the egg whites to a stiff peak then fold into the rice.
- Put the mixture into the pie dishes and smooth the top with a palette knife.
- Place the pie dishes into a bath of hot water and cook in an oven at 180°C for about 20 minutes.
- Remove from the oven, dust the top with icing sugar and replace in a hot oven to glaze.

Note: Semolina or sago may be used in place of rice in the same quantity.

26. QUEENS OF PUDDINGS
10 PORTIONS*Ingredients*

White breadcrumbs or cake crumbs	225 g
Eggs	5
Milk 1.5 ltr	
Caster sugar	300 g
Lemons	1
Butter	10 g
Vanilla essence	few drops
Apricot jam	100 g
Raspberry jam	150 g

Method

- Grease the pie dishes with butter and dust with sugar.
- Place 50 g of raspberry jam in the bottom of each pie dish then sprinkle on the bread or cake crumbs.
- Take two of the eggs and separate the whites from the yolks. Place the whites and 100 g of castor sugar to one side for meringue.
- Grate the zest from the lemon and place it in a saucepan with the milk.
- Beat together the remaining eggs and the egg yolks and add to these the vanilla essence and remaining caster sugar.
- Boil and pour this onto the eggs and sugar whisking continuously.
- Strain the custard over the breadcrumbs and allow to stand for 10 minutes.
- Place the pie dishes in a baking dish and fill half the baking dish with warm water. Poach in an oven at 190°C until the pudding is set.
- Prepare the meringue with the egg whites and caster sugar.

10. Using a piping bag containing a small star tube pipe the meringue onto the pudding in a lattice work design.
11. Dust the meringue with caster sugar and place it in an oven at 150°C to lightly colour.
12. Pipe a little of each of the apricot and raspberry jam into the lattice work to complete the decoration and serve hot.

27. BAKED RICE PUDDING 10 PORTIONS

Ingredients

Short grain rice	175 g
Milk 1.75 ltr	
Sugar	75 g
Butter or margarine	10 g
Nutmeg	

Method

1. Wash the rice and put it with the milk and sugar into a baking dish.
2. Add a knob of butter or margarine and a little grated nutmeg and bake in an oven at 150°C for 2 hours.

28. CREAMED RICE 10 PORTIONS

Ingredients

Short grain rice	160 g
Milk 1.75 ltr	
Sugar	75 g
Nutmeg	

Method

1. Wash the rice.
2. Bring the milk to the boil, add the rice and sugar cover with a lid then reduce the heat and simmer gently until the grains of rice are tender, approximately 1 hour.
3. Serve the rice in a warm dish with a little grated nutmeg sprinkled on the surface.

29. BAKED SAGO 10 PORTIONS

Ingredients

Sago	175 g
Sugar	75 g
Milk 1.75 ltr	
Butter or margarine	10 g
Nutmeg	

Method

1. Bring the milk and sugar to the boil, add the sago, reduce the heat and cook slowly until the mixture thickens.
2. Remove from the heat and put the mixture into a baking dish. Dot the surface with a little butter or margarine and sprinkle with grated nutmeg.
3. Bake in an oven at 200°C until the surface is golden brown. Remove from the oven and serve.

30. CREAMED SAGO 10 PORTIONS

Ingredients

Sago	175 g
Sugar	75 g
Milk 1.75 ltr	

Vanilla essence

Method

1. Boil the milk, add the sugar and the sago stirring constantly.
2. Reduce the heat add the vanilla essence, cover with a lid and simmer slowly until the mixture becomes creamy.
3. Remove from the heat and serve in a warm dish.

31. BAKED SEMOLINA 10 PORTIONS

Ingredients

Semolina	175 g
Sugar	75 g
Milk 1.75 ltr	
Vanilla essence	
Butter or margarine	10 g
Nutmeg	

Method

1. Boil the milk, add the sugar and the semolina stirring constantly until the mixture thickens.
2. Remove from the heat and put the mixture into a baking dish. Dot the surface with a little butter or margarine and sprinkle with grated nutmeg.

32. CREAMED SEMOLINA 10 PORTIONS

Ingredients

Semolina	175 g
Sugar	75 g
Milk 1.75 ltr	
Vanilla essence	

Method

1. Boil the milk, add the sugar and semolina stirring constantly until the mixture thickens.
2. Reduce the heat, add the vanilla essence cover with a lid and simmer gently until the mixture becomes creamy.
3. Remove from the heat and serve in a warm dish.

33. BAKED TAPIOCA 10 PORTIONS

Ingredients

Coarse or fine tapioca	175 g
Sugar	75 g
Milk 1.75 ltr	
Butter or margarine	10 g
Nutmeg	

Method - using coarse tapioca

1. Barely cover the tapioca with a little milk and allow to stand for 3 hours.
2. Boil the remainder of the milk with the sugar and pour onto the tapioca stirring continuously.
3. Return to the saucepan, reboil and then simmer for 30 minutes.
4. Put the mixture into a pie dish. Dot the surface with a little butter or margarine, sprinkle with grated nutmeg and bake in an oven at 200°C until the surface is golden brown. Remove from the oven and serve.

Method - using fine tapioca

1. Boil the milk, add the sugar and tapioca stirring constantly.
2. Reduce the heat and simmer for 20 minutes.
3. Put the mixture into pie dishes. Dot the surface with a little butter or margarine, sprinkle with grated nutmeg and bake in an oven at 200°C until the surface is golden brown. Remove from the oven and serve.

34. CREAMED TAPIOCA

10 PORTIONS

Ingredients

Coarse or fine tapioca	175 g
Sugar	75 g
Milk	1.75 ltr
Nutmeg	

Method - using coarse tapioca

1. Barely cover the tapioca with a little of the milk and allow to stand for 3 hours.
2. Boil the remainder of the milk with the sugar and pour onto the tapioca stirring continuously.
3. Return to the saucepan, reboil and simmer for 30 minutes.
4. Pour into a warm serving dish, sprinkle with nutmeg and serve.

Method - using fine tapioca

1. Boil the milk, add the sugar and tapioca stirring continuously.
2. Reduce the heat and simmer for 20 minutes.
3. Pour into a warm serving dish, sprinkle with nutmeg and serve.

PANCAKES

35. PANCAKES FILLED

APPLE PANCAKES

10 PORTIONS (10 DOUBLE PANCAKES)

Ingredients

<u>Pancake batter</u>	1 ltr
Eating apples	500 g
Caster sugar	50 g
Butter	50 g
Cinnamon	5 g
Lemon	1
Cooking oil	100 ml

Method

1. Prepare the pancake batter, squeeze the juice from the lemon.
2. Peel, core and cut the apples, into dice.
3. Fry the apples in the butter and then sprinkle them with a little sugar, cinnamon and the lemon juice.
4. Heat an omelette pan and lightly grease it with oil.
5. Pour only sufficient pancake batter into the pan to thinly cover the bottom then remove it from the heat.
6. Cover the pancake with apple mixture and then coat this in batter.
7. Finish cooking the pancake in a hot oven, transfer to a serving dish, dust with sugar and serve hot.

36. PANCAKES FOLDED

LEMON PANCAKES

10 PORTIONS (20 PANCAKES)

Ingredients

<u>Pancake batter</u>	1 ltr
Lemons	2
Caster sugar	75 g
Cooking oil	100 g

Method

1. Prepare the pancake batter. Grate the zest and squeeze the juice from the lemons.
2. Add the lemon zest to the pancake batter.
3. Heat an omelette pan with a little oil.
4. Pour sufficient pancake batter into the pan to thinly coat the bottom.
5. Allow it to colour, turn it over and colour the other side then put it onto a warm place.
6. Repeat the process stacking the pancakes one on top of the other to keep warm until required for service when each pancake should be sprinkled with lemon juice, dusted with caster sugar and served folded into quarters.

Notes:

1. Oranges may be used in place of lemons.
2. The pancakes may be served plain with lemon or orange wedges and sugar served separately.
3. When making a batch of pancakes they should be stored flat one on top of the other on a plate. Sprinkle sugar between each one to prevent them sticking together. Fold them all when ready for service, dust again with sugar and place on a serving dish.

37. PANCAKES ROLLED

JAM PANCAKES

10 PORTIONS (20 PANCAKES)

Ingredients

<u>Pancake batter</u>	1 ltr
Jam	125 g
Caster sugar	75 g
Cooking oil	100 ml

Method

1. Prepare the pancake batter.
2. Heat an omelette pan with a little oil.
3. Pour sufficient pancake batter into the pan to thinly coat the bottom.
4. Allow it to colour, then turn it over and colour the other side then put it onto a warm plate.
5. Repeat the process stacking the pancakes one on top of the other to keep warm until required for service when each pancake should be spread with jam rolled up and dusted with caster sugar.

Note: For syrup pancakes use 125 g of syrup in place of jam.

PASTRY BASED

38. APPLE FLAN (1)

10 PORTIONS

Ingredients

Cooking apples	400 g
<u>Flan paste</u>	500 g
<u>Apple puree</u>	500 g
<u>Apricot glaze</u>	500 g

Method

1. Oil the flan rings and place them onto oiled baking trays.

2. Roll out the flan paste 5 mm thick and line the flan rings.
3. Three quarters fill the flans with cold apple puree.
4. Peel and core the apples, cut into halves and thinly slice.
5. Arrange the slices, neatly on the apple puree.
6. Cook in an oven at 200°C for 40 minutes.
7. Remove from the oven and lightly mask with boiling apricot glaze.

39. APPLE FLAN (2) 10 PORTIONS

Ingredients

Cooking apples	600 g
Flan paste	500 g
Egg custard	700 ml
Sugar	150 g
Cinnamon	5 g

Method

1. Grease the flan rings and place them onto greased baking trays. Mix together the cinnamon and sugar.
2. Roll out the flan paste 5 mm thick and line the flan rings.
3. Peel, core and quarter the apples.
4. Arrange neatly in circles in the flan rings. Sprinkle with the cinnamon flavoured sugar.
5. Bake in an oven at 190°C for 25 minutes.
6. Remove the flans from the oven and pour in the egg custard mixture to just below the top surface of the apples.
7. Return them to the oven and cook until the egg custard is set.

40. BAKED APPLE DUMPLINGS 10 PORTIONS

Ingredients

Apples	10
Cloves	10
Granulated sugar	150 g
Short paste	500 g
Caster sugar	100 g

Method

1. Peel and core the apples.
2. Roll out the short paste 5 mm thick and cut into 125 mm squares.
3. Place an apple in the centre of each pastry square, fill the centre of each apple with sugar and a clove.
4. Wet the edges of the paste with water and bring up the corners to envelope the apple, sealing all the edges tightly.
5. Place onto baking trays brush with water, dust with icing sugar and bake in an oven at 200°C for 45 minutes.
6. Remove from the oven and serve hot with custard sauce.

41. APPLE STRUDEL 10 PORTIONS

Ingredients

A. STRUDEL PASTE

Flour	225 g
Egg	1
Sugar	5 g
Salt	
Butter	15 g
Water	50 ml
Oil	100 ml

B: FILLING

White breadcrumbs	75 g
Butter	150 g
Cooking apples	500 g
Caster sugar	75 g
Sultanas	75 g
Cinnamon	5 g
Nib almonds	50 g
Icing sugar	100 g

Method

a. TO MAKE THE STRUDEL PASTE

1. Warm the water, melt the butter.
2. Sieve together the flour and salt, make a bay in the flour.
3. Mix the egg, sugar and melted butter together and pour into the bay.
4. Mix in the flour, then gradually add the warm water and knead to a smooth dough.
5. Roll the dough into a ball, place it in a bowl and brush it with a little oil. Cover it with a cloth to rest for 1 hour.

b. FILLING PREPARATION

6. Toast the breadcrumbs, melt the butter.
7. Peel, core and thinly slice the apples. Mix the cinnamon with the caster sugar.

c. STRETCHING THE STRUDEL PASTE

8. Place a cloth over a pastry board to completely cover it and dredge the cloth generously with flour.
9. Brush the dough with oil, roll it into a thick wide strip with a rolling pin.
10. Lightly brush the dough again with oil, place it onto a cloth and then pull and stretch it until it completely and evenly covers the cloth.
11. At this stage the dough should be smooth, paper thin and transparent and should not have any holes.

d. FILLING AND COOKING

12. Brush the surface of the paste with melted butter leaving one of the longer edges clear to a width of 60 mm.
13. Distribute the apples evenly over the paste then sprinkle on the cinnamon sugar, sultanas, toasted breadcrumbs and almonds. Finally, sprinkle generously with melted butter.
14. After filling, trim off any edges overlapping the board. Raise the edge of the cloth and roll the paste towards the clear strip until a long, cylindrical shape is achieved.
15. Brush the surface with melted butter and place onto a baking sheet.
16. Bake at 190°C for 30 minutes or until crisp and golden brown.
17. Remove the strudel from the oven and dust it with icing sugar then cut it into portions to serve either hot or cold.

42. BAKEWELL TART 10 PORTIONS

Ingredients

Short paste	500 g
Margarine	125 g
Sugar	125 g
Flour	125 g
Cake crumbs	125 g
Eggs	3
Red Jam	75g
Water icing	100 ml
Lemons	1
Almond essence	
Apricot glaze	150 g

Method

1. Roll out the short paste 5 mm thick line the flan rings and prick the bottoms with a fork. Spread a thin layer of jam in the base of each.
2. Grate the zest and squeeze the juice from the lemon.
3. Cream together the sugar and margarine in a basin and gradually beating continuously.

4. Add the almond essence and the grated zest and the juice of half the lemon.
5. Fold in the flour and cake crumbs.
6. Divide the mixture equally between the flans and lattice the top with thin strips of short paste.
7. Bake in a moderate oven 190°C for 40 minutes.
8. Remove from the oven allow to cool, brush over with hot apricot glaze and then with water icing.
9. Return to the oven for 1 minute to set the glaze and serve either hot or cold.

43. CUSTARD TART 10 PORTIONS

Ingredients

Flan paste	500 g
Milk	500 ml
Sugar	50 g
Eggs	3
Vanilla essence	
Nutmeg	

Method

1. Lightly oil the flan rings and baking trays, place the flan rings on the trays. Warm the milk.
2. Roll out the flan paste 5 mm thick and line the flan rings.
3. Beat the eggs and sugar together in a basin. Add the warmed milk and vanilla essence and pour through a conical strainer into the flan then sprinkle the surfaces with grated nutmeg.
4. Bake in the bottom of an oven at 190°C for 40 minutes and serve either hot or cold.

44. DUTCH APPLE TART 10 PORTIONS

Ingredients

Apples	1 kg
Sultanas	75 g
Sugar	75 g
Margarine or butter	25 g
Short paste	500 g
Mixes spice	2.5 g

Method

1. Oil the sandwich tins then line them with short paste. Prick the bottoms with a fork.
2. Peel, core and thinly slice the apples and divide them equally between the sandwich tins.
3. Mix the spice, sugar and sultanas together and spread evenly over the apples. Dot the surface with a little butter or margarine.
4. Moisten the edge of the paste, cover the tart with a short paste top, seal and crimp the edges.
5. Brush over with water, dust with sugar and bake in a moderate oven at 190°C for 30 minutes.

45. APPLE PIE 10 PORTIONS

Ingredients

Apples	1.4 kg
Sugar	150 g
Cloves	6
Short paste	500 g

Method

1. Peel, quarter and core the apples.
2. Cut the quarters into slices and place in the pie dishes with the sugar and cloves. Add 20 ml of water to each dish.

3. Roll out the short pastry 5 mm thick.
4. Cut a narrow band of paste for the edges of the pie dishes. Wet the edges of the pie dishes and cover them with the band of paste.
5. Brush the band of paste with water. Cover the pies with a layer of short paste and press down the edges. Trim and neatly crimp the edges.
6. Brush over with water, dust with sugar and bake in an oven at 200°C for 40 minutes for either hot or cold service.

46. JAM PUFFS 10 PORTIONS

Ingredients

Short paste	600 g
Jam	100 g
Caster sugar	100 g

Method

1. Roll out the puff pastry 5 mm thick and cut into 75 mm rounds.
2. Roll out each round to form a triangle with equal sides of 150 mm length.
3. Place 10 g of jam in the centre of each triangle then moisten the edges with water.
4. Fold the edges into overlap and form a smaller triangle, completely covering the jam. Ensure the edges are sealed.
5. Turn the triangles over, brush them with water, and then dust them with caster sugar.
6. Place them on baking trays, allow to stand for 30 minutes then bake in an oven at 200°C for 30 minutes.

47. BAKED JAM ROLL 10 PORTIONS

Ingredients

Short pastry	500 g
Jam	250 g
Caster sugar	100 g

Method

1. Oil a baking tray.
2. Roll out the short paste into a rectangle 10 mm thick. Moisten the edges with water. Spread the jam to within 15 mm of the edges.
3. Starting at one of the longer edges roll up and then seal both ends. Brush over with water, dust with caster sugar and then place onto the baking tray.
4. Bake in an oven at 200°C for 1 hour.
5. Remove from the oven and cut into portions for service.

48. JAM TART 10 PORTIONS

Ingredients

Short paste	500 g
Jam	400 g

Method

1. Oil the flan rings and the baking trays, place the flan rings on the trays.
2. Roll out the short paste 5 mm thick and line the flan rings. Prick the bottoms with a fork.
3. Place the jam in the prepared flans and decorate the top with narrow strips of short pastry.
4. Bake in an oven at 190°C for 25 minutes.
5. Remove from the oven, allow the jam to set and then remove the flan rings. Cut into portions for either hot or cold service.

49. JAM TURNOVER 10 PORTIONS

Ingredients

<u>Puff pastry</u>	600 g
Jam	100 g
Caster sugar	100 g

Method

1. Roll out the puff pastry 5 mm thick and cut into 75 mm rounds.
2. Place 10 g of jam in the centre of each round, moisten the edges and then fold over and seal thoroughly.
3. Brush the tops with water, dust with caster sugar and place onto baking trays. Allow to stand for 35 minutes then bake in an oven at 200°C for 20 minutes.

50. MINCE TART

10 PORTIONS

Ingredients

<u>Short paste</u>	500 g
Mince meat	300 g
Caster sugar	100 g

Method

1. Grease the sandwich tins.
2. Roll out the short paste and line the sandwich tins.
3. Prick the bottoms with a fork and then three quarters fill with the mince meat.
4. Moisten the edge of the pastry with water, cover with short paste and seal and crimp the edge.
5. Make two 50 mm incisions in the top of the tart, brush over with water and dust with caster sugar.
6. Bake in an oven at 190°C for 35 minutes and serve either hot or cold.

Note: As an alternative to using all short paste, either sweet or puff paste may be substituted to cover the top.

51. TREACLE TART

10 PORTIONS

Ingredients

<u>Puff paste</u>	500 g
White bread	100 g
Golden syrup	400 g

Method

1. Grease the sandwich tins. Remove the crusts from the bread and make breadcrumbs.
2. Roll out the short paste and line the sandwich tins. Prick the bottoms with a fork.
3. Warm the syrup in a saucepan and add in the breadcrumbs.
4. Divide the filling equally between the tarts.
5. Bake in an oven at 190°C for 30 minutes and serve either hot or cold.

SOUFFLES

52. LEMON SOUFFLE

8 PORTIONS

Ingredients

Granulated sugar	100 g
Flour	100 g
Butter	125 g
Milk	500 ml
Eggs	6
Lemons	3
Caster sugar	50 g

Method

1. Separate the egg yolk from the whites and grate the zest from the lemons.
2. Grease the souffle moulds with a little of the butter and dust with caster sugar.
3. Mix the flour and 100 g of butter together to form a smooth paste.
4. Add the lemon zest and granulated sugar to the milk and bring to the boil and reduce the heat and mix in the flour and butter paste.
5. Remove the pan from the heat and gradually add the yolks stirring vigorously. Allow the mixture to cool.
6. Whisk the egg whites to a stiff peak and fold them into the souffle mixture.
7. Three-quarters fill the souffle moulds and place them in a shallow pan, add boiling water to half the depth of the moulds and then simmer until the mixture rises to the top of the moulds.
8. Bake in an oven at 180°C for 40 minutes until the souffles are firm.
9. Remove the souffles from the oven, turn them out onto a dish or plate and serve accompanied by a lemon or custard sauce.

Notes:

Variations to the recipes:

53. ORANGE SOUFFLE. Substitute the finely grated zest of 2 oranges for the lemon zest and accompany with an orange sauce.

54. CHOCOLATE SOUFFLE. Mix in 10 g of cocoa powder with the flour and butter and accompany with a chocolate sauce.

55. COFFEE SOUFFLE. Add 10g of good quality instant coffee to the milk or use an appropriate measure of coffee flavouring or essence and accompany with a coffee sauce.

56. VANILLA SOUFFLE. Add 5 ml of vanilla essence to the milk and accompany with a vanilla or egg custard sauce.

57. SOUFFLE CECILIA

6-8 PORTIONS

Ingredients

Flour	55 g
Butter	55 g
Milk	250 ml
Sugar	110 g
Eggs	6
Hazelnut	85 g
Chartreuse liqueur	20 ml
<u>Lady finger biscuits</u>	100 g

Method

1. Separate the egg yolks from the whites.
2. Grease the souffle moulds with butter and dust with sugar.
3. Lightly roast and then grind the hazelnut.
4. Cut the lady finger biscuits into dice and soak them with chartreuse.
5. Put the hazelnut in the milk and bring to the boil.
6. Melt the butter, mix in the flour and sugar then immediately pour on the boiling milk.
7. Cooking constantly until the mixture thickens.
8. Remove from the heat and gradually add 4 of the egg yolks stirring constantly.
9. Whisk all the egg whites to a stiff peak and fold them into the souffle mixture.

10. One quarter fill the moulds with souffle mix then put in a shallow layer of the biscuit mixture. Follow this with a further layer of the souffle mix so that the moulds are three quarters full.
11. Place the moulds into a shallow pan, add boiling water to half their height and then simmer until the mixture rises to the top of the moulds.
12. Bake in an oven at 180°C for 35 minutes or until the souffles are firm.
13. Remove the souffles from the oven, turn them out onto a dish or a plate and serve accompanied by a chartreuse flavoured egg custard.

58. SOUFFLE GRAND MARNIER

Ingredients

Flour	100g
Butter	100 g
Eggs	6
Milk	375 ml
Grand marnier	125 ml
Sugar	100 g
Orange	1
Macaroons	

Method

1. Separate the egg yolks from the whites.
2. Grease the souffle moulds with butter and dust with sugar.
3. Cut the macaroons into dice and soak in Grand Marnier.
4. Finely grate the zest from the orange into the milk and bring to the boil in a saucepan.
5. Melt the butter, add it to the flour and sugar and then pour on the boiled milk.
6. Reboil stirring constantly until the mixture thickens.
7. Remove from the heat and gradually add the yolks beating vigorously.
8. Whisk the egg whites to a stiff peak and fold into the souffle mixture then add the macarons.
9. One quarter fill the moulds with souffle mix then put in a shallow layer of the macaroon mixture. Follow this with a further layer of the souffle mix so that the moulds are three quarters full.
10. Place the moulds into a shallow pan, add boiling water to half their depth and then simmer until the mixture rises to the top of the moulds.
11. Bake in an oven at 180°C for 40 minutes until the souffles are firm.
12. Remove the souffles from the oven, turn them out onto a dish or a plate and serve accompanied by a Grand Marnier flavoured egg custard.

59. STRAWBERRY SOUFFLE

4-5 PORTIONS

Ingredients

<u>Strawberry puree</u>	225 g
Sugar	150 g
Eggs	5
Butter	5 g
Vanilla essence	
Caster sugar	

Method

1. Separate the egg whites from the yolks.
2. Grease the souffle moulds with butter and dust them with caster sugar. Lightly warm the strawberry puree.
3. Whisk the egg whites to a soft peak, fold in the sugar and continue whisking until the whites stiffen then fold in the fruit puree.

4. Three-quarters fill the moulds with the souffle mixture, place into a shallow pan add boiling water to half the depth and then simmer until the mixture rises to the top of the moulds. Bake in an oven at 180°C for 40 minutes until the souffles are firm.
5. Remove the souffles from the oven, turn them out onto a dish or a plate and serve with poached strawberries flavoured with kirsch.

Note: Other varieties of this souffle can be made with soft fruits such as: raspberries, apricots, peaches, blackcurrants etc.

60. APPLE SOUFFLE

4-5 PORTIONS

Ingredients

<u>Apple puree</u>	225 g
Eggs	4
Caster sugar	150 g
<u>Pastry cream</u>	60 g
Butter	5 g

Method

1. Separate the egg whites from the yolks. Grease the souffle moulds with butter and dust them with caster sugar.
2. Lightly warm the apple puree and gradually add the egg yolks.
3. Whisk the egg whites to a soft peak, fold in the sugar and continue whisking until the whites stiffen then fold in the fruit puree and the pastry cream.
4. Three-quarters fill the moulds with the souffle mixture, place into a shallow pan add boiling water to half their depth and then simmer until the mixture rises to the top of the moulds. Bake in an oven at 180° for 25 minutes until the souffles are firm.
5. Remove the souffles from the oven, turn them out onto a dish or a plate and serve with stewed apples flavoured with Calvados.

61. OMELETTE

Ingredients

Eggs	3
Caster sugar	50 g
Butter	15 g
Vanilla essence	

Method

1. Separate the egg yolks from the egg whites and discard one yolk.
2. Add 5 g of the caster sugar and vanilla essence to the egg yolks and whisk to a light creamy texture.
3. Whisk the egg whites to a stiff peak and fold them into the egg yolk mixture.
4. Heat the butter in an omelette pan and pour in the omelette mixture. Cook quickly until the bottom of the omelette is lightly coloured.
5. Fold the omelette over and dust it with caster sugar then caramelise a lattice work pattern on the surface with a red hot poker.

UNCLASSIFIED

62. SPICED BREAD PUDDING

Ingredients

Break and or stale cake	400 g
Sugar	75 g
Sultanas	75 g
Mixed peel	25 g
Margarine	75 g
Syrup	75 g
Currants	75 g
Mixed spice	5 g

Salt

Method

1. Soak the bread in water. Squeeze out the moisture and pass the bread through a coarse mincer.
2. Cream together the margarine, sugar and warm syrup.
3. Add the bread and the fruit and mix all the ingredients together.
4. Spread the mixture onto oiled baking trays to a depth of 50 mm and sprinkle a little sugar over the surface.
5. Bake in an oven at 190°C for 1 hour.
6. Remove the pudding from the oven cut it into portions and serve hot.

63. ZABAGLIONE
8 PORTIONS

Ingredients

Caster sugar	150 g
Marsala	150 ml
Double or whipping cream	200 ml
Whipped cream, crystallised violets, angelica	

Method

1. Separate the egg yolks from the whites and put aside the whites. Put the egg yolks, sugar and marsala in a basin and whisk over a pan of simmering water, until thick and creamy.
2. Remove the mixture from the heat and continue whisking until cool.
3. Whip the cream into soft peaks and then fold it into the egg mixture.
4. Spoon the mixture into ramekin dishes and refrigerate until required. Decorate for service with whipped cream, crystallised violets and angelica.

PART 3 - PASTRY

CHAPTER THIRTY SIX

Iced Sweets

BOMBES

1. Basic mix
2. Vanilla mix
3. Bombe Havanaise
4. Pralie bombe
5. Raspberry bombe
6. Strawberry ice cream
7. Souffle glace
8. Iced strawberry souffle
9. Iced vanilla souffle

ICE CREAM BASED

10. Basic ice cream mix (1)
11. Basic ice cream mix (2)
12. Chocolate ice cream
13. Coffee ice cream
14. Raspberry ice cream
15. Strawberry ice cream
16. Praline ice cream
17. Baked Alaska

COUPES/SUNDAE

18. Banana split
19. Fruit sundae
20. Couple Jacques
21. Coupe Jamaica
22. Meringue glace
23. Peach Melba
24. Pear Belle Helene

SORBET

25. Lemon sorbet

BOMBES

Introduction

1. Bombes are frozen desserts made from two types of ice cream the centre usually being a soft rich mix encased in an outside layer of ice cream or sorbet.
2. Basic ice cream is made in a specially designed machine which agitates the mixture during the freezing process and prevents lumps forming. Ice cream lightened with the addition of whisked egg whites during the freezing process in the ice cream machine. Lemon sorbet is frequently served at formal dinners before the main course to clear the palate. Various flavoured sorbets are also served as refreshing sweet courses.

1. BASIC BOMBE MIX 10 PORTIONS

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Double cream</u>	280 ml

Method

1. Separate the egg yolks from the whites.
2. Boil the sugar and water together in a saucepan for one minute then remove the pan from the heat and whisk in the egg yolks.
3. Stand the saucepan in a boiling bain marie and continue to stir until the mixture thickens and becomes a sabayon.
4. Make a meringue mix with the caster sugar and egg whites and whisk the cream to a stiff peak.
5. When the sabayon is cool add any colouring, flavouring or fruit puree required and fold in the meringue and the whipped cream.
6. Put into the bombe mould and freeze for 12 hours.

2. VANILLA BOMBE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
Vanilla essence	

Method

1. Make a basic bombe mix incorporating the vanilla essence while making the sabayon.

3. BOMBE HAVANSISE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	530 ml
<u>Coffee ice cream</u>	300 g
Rum	50 g

Method

1. Line the bombe mould with coffee ice cream then fill the centre with the basic bombe mix substituting the rum for water at stage 1.
2. Freeze for 12 hours.
3. Turn out and decorate with whipped cream. This bombe can be served on a biscuit or sponge base.

4. BOMBE PRALINE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
Crushed praline	60 g

Method

1. Make a basic bombe mix incorporating the crushed praline with the merigue and cream.

5. RASPBERRY BOMBE

Ingredient

Sugar	100g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
<u>Raspberry pulp</u>	150 ml
Lemon	1

Method

1. Make a basic bombe mix and add the raspberry pulp and juice of half a lemon to the sabayon when cool.

6. STRAWBERRY BOMBE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
<u>Strawberry puree</u>	150 ml

Method

1. Proceed as for raspberry bombe substituting strawberry puree in place of raspberries.

7. SOUFFLE GLACE

10 PORTIONS

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	250 ml

Method

1. Separate the egg yolks from the whites.
2. Boil the sugar and water together in a saucepan for 1 minute then remove the pan from the heat and whisk in the egg yolks.
3. Stand the saucepan in a boiling bain marie and continue to stir until the mixture thickens and becomes a sabayon.
4. Make a meringue mix with the caster sugar and egg whites and whisk the cream to a stiff peak.
5. Place a band of greaseproof paper around the top of the souffle mould so that it extends 50 mm above the top of the mould.
6. When the sabayon is cool add any colouring, flavouring or fruit puree required and then fold in the meringue and the whipped cream.
7. Fill the mould with the mixture to the top of the greaseproof paper and freeze for 12 hours.
8. Remove the greaseproof paper and decorate the souffle with whipped cream for service.

8. ICED STRAWBERRY SOUFFLE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	250 ml
Lemon	1
Strawberry puree	125 ml
Red colouring	

Method

1. Make a souffle glace adding the strawberry puree and the juice of half a lemon to the mixture before folding in the meringue and cream.

9. ICED VANILLA SOUFFLE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	250 ml
Vanilla essence	

Method

1. Make a souffle glace adding the vanilla essence with the meringue and whipped cream.

ICE CREAM BASED10. BASIC ICE CREAM MIX (1)
10 PORTIONS*Ingredients*

Milk	1 ltr
Cream	1 ltr
Sugar	300 g
Eggs	16
Vanilla essence	

Method

1. Separate the egg whites from the yolks and put aside the whites.
2. Mix the yolks and sugar together with the vanilla essence in a bowl.
3. Bring the milk to the boil and pour it onto the yolks and sugar stirring continuously.
4. Return the mixture to the saucepan and replace on a gentle heat then stir continuously until the mixture thickens and coats the back of the spoon. The custard must not boil.
5. Remove from the heat and then pass the custard through a conical strainer and allow to cool.
6. Add any colourings, flavourings or fruit puree required then place the mixture in an ice cream machine and start the freezing process.
7. Whisk the cream to a stiff peak, add it to the custard in the machine and continue to freeze until set.
8. Transfer the ice cream out of the machine into a clean container and store in a deep freeze until required.

11. BASIC ICE CREAM MIX (2)
10 PORTIONS*Ingredients*

Milk	700 ml
Eggs	3
Sugar	100 g
Custard powder	25 g
Vanilla essence	

Method

Mix the custard powder to a smooth paste with a little of the milk.

2. Bring the remaining milk and the sugar to the boil then add the custard mixture to the milk whisking continuously until it reboils.
3. Separate the egg whites from the yolks and put aside the whites. Whisk the yolks in a bowl and then add them to the boiling custard whisking constantly.
4. Allow the mixture to cool then freeze in an ice cream machine.

12. CHOCOLATE ICE CREAM
10 PORTIONS*Ingredients*

Cocoa powder	15 g
<u>Basic ice cream mix</u>	

Method

1. Make a basic ice cream mix adding the cocoa powder to the milk before bringing it to the boil.

13. COFFEE ICE CREAM
10 PORTIONS*Ingredients*

Coffee essence	50 g
<u>Basic ice cream mix</u>	

Method

1. Make a basic ice cream mix substituting the coffee essence in place of the vanilla essence.

14. RASPBERRY ICE CREAM
10 PORTIONS*Ingredients*

Fresh raspberries	100 g
Icing sugar	50 g
<u>Basic ice cream mix</u>	
Red colouring	

Method

1. Make a basic ice cream mix. Pass the raspberries through a fine sieve into a basin. Mix in the icing sugar, and allow to stand until it clears.
2. Add the puree pulp to the ice cream adjust the colouring and freeze.

Note: Raspberry jam that has been boiled and strained may be used in place of the fresh fruit.

15. STRAWBERRY ICE CREAM
10 PORTIONS*Ingredients*

Fresh strawberries	100 g
Icing sugar	50 g
<u>Basic ice cream mix</u>	
Red colouring	

Method

1. Proceed as for raspberry ice cream using strawberries in place of raspberries.

16. PRALINE ICE CREAM

10 PORTIONS

*Ingredients*PralineBasic ice cream mix*Method*

1. Make a basic ice cream mix and add the praline just before adding the whipped cream.

17 BAKED ALASKA

*Ingredients*Vanilla ice creamMeringue

Caster sugar

Glace cherries

Angelica

Method

1. Cut the sponge to fit into the base of an oval stainless steel flat serving dish and then place into the refrigerator to chill.
2. Put the ice cream onto the sponge and form it into a dome completely covering the sponge.
3. Using a piping bag and a star tube nearly cover the ice cream with meringue then decorate with glace cherries and angelica.
4. Dust the meringue with caster sugar and place into an oven at 230°C for 5 minutes to cook and colour the meringue.
5. Remove the dish from the oven and serve immediately.

Note: A macedoine of mixed fruit can be included and is placed on the sponge before the ice cream is added.

COUPLES/SUNDAE

18. BANANA SPLIT

Ingredients

Bananas 10

Whipped cream 70 ml

Melba sauce

Chopped almonds

Vanilla ice cream*Method*

1. Peel the bananas and cut them in half length ways.
2. Place a portion of ice cream on a dish and arrange a half banana on each side.
3. Mask over with a little melba sauce and decorate with a rosette of whipped cream and chopped almonds for service.

19. FRUIT SUNDAE

Ingredients

Pineapple 10 slices

Melba sauceIce cream

Whipped cream 70 ml

Method

1. Cut the pineapple slices into quarters.
2. Place a portion of ice cream in a sundae dish and mask with melba sauce.
3. Arrange 4 pieces of pineapple around the ice cream and decorate with a rosette of whipped cream.

20. COUPE JACQUES

Ingredients

Macedoine of fruit 565 g

Lemon ice creamStrawberry ice cream

Grapes

Method

1. Divide the fruit equally between the coupes.
2. Place a scoop of lemon ice cream and a scoop of strawberry ice cream on top of the fruit.
3. Garnish for service with a grape in the centre.

21. COUPE JAMAICA

Ingredients

Fresh pineapple 565 g

Rum 40 ml

Sugar 60 g

Coffee ice cream 425 gCoffee drops (sweets)*Method*

1. Prepare the fresh pineapple by slicing off the outer skin then cut the flesh into small dice and soak it together with the rum and sugar.
2. Divide the pineapple equally between the coupes.
3. Place a large scoop of coffee ice cream on top of the pineapple and decorate for service with whipped cream and coffee drops.

22. MERINGUE GLACE

*Ingredients*Meringue shells 20

Whipped cream

Vanilla ice cream*Method*

1. Sandwich a portion of vanilla ice cream between two meringue shells.
2. Place on a serving dish and decorate for service with whipped cream.

23. PEACH MELBA

Ingredients

Peach halves 10

Melba sauceVanilla ice cream*Method*

1. Put a portion of ice cream into a sundae glass place half a peach on top and mask over with melba sauce.

Note: For pear melba substitute pear halves for peach halves.

24. PEAR BELLE HELENE

Ingredients

Pears	10
Sugar	225 g
Cinnamon stick	5 mm
Coriander seeds	5
Lemon	1
Water	1 ltr
Vanilla pod	
<u>Vanilla ice cream</u>	565 g
Crystallised violets	15 g
<u>Chocolate sauce</u>	600 ml

Method

1. Remove the zest and squeeze the juice from the lemon.
2. Prepare a syrup with the sugar, water, lemon zest, vanilla, cinnamon stick and coriander seeds.
3. Peel, core and half the pears. Rub them with the lemon juice and poach them in the syrup. When they are cooked allow them to cool in the syrup.
4. Arrange the pears on ice cream in sundae glasses then mask them with chocolate sauce and complete the decoration with crystallised violets.

10 PORTIONS

Ingredients

Large lemons	3
Coriander seeds	6
Eggs	2
Cinnamon stick	25 mm
Sugar	30 g

Method

1. Grate the zest and squeeze the juice from the lemons and put them into a saucepan.
2. Add the sugar and the spices and sufficient water to make the whole up to one litre.
3. Bring to the boil simmer for 10 minutes then strain through muslin and allow to cool.
4. Put the liquid into an ice cream machine and partly freeze.
5. Separate the egg yolks from the whites and put aside the yolks, whisk the egg whites to a soft peak and add them to the partly frozen mixture and continue the process until the mixture is completely frozen.
6. Serve in a sorbet glass sprinkled with rum or liquor and decorate with a fresh mint leaf or crystallised lemon.

SORBET

25. LEMON SORBET

PART 3 - PASTRY

CHAPTER THIRTY SEVEN

Petit Fours

GLACE

1. Caramelised fruits
2. Caramelised oranges
3. Fondant dipped

NOVELTY

4. Coconut pyramids
5. Dates stuffed
6. Fondant creams
7. Peppermint creams

8. Fudge
9. Nougat Montelimar
10. Rum truffles
11. Cornets
12. English route
13. Japonaise
14. Macaroons Dutch
15. Macaroon and walnut balloons
16. Marquise biscuits
17. Parisienne

GLAZE**1. CARAMELISED GRAPES***Ingredients*

White grapes	200 g
Black grapes	200 g
Sugar	200 g
Glucose	35 g
Lemon	1
Water	75 ml

Method

1. Heat the sugar, glucose, water and 6 drops of lemon juice to 155°C.
2. Oil a marble slab.
3. Divide the grapes into pairs leaving them joined by a length of stalk.
4. Holding the stalks with a pair of tweezers, immerse the grapes in the caramel then drain off any surplus before placing them on the oiled slab to set.
5. Serve in paper petit fours cases.

2. CARAMELISED ORANGES*Ingredients*

Seedless oranges or mandarins	6
Sugar	200 g
Glucose	35 g
Lemon	1
Water	35 ml

Method

1. Peel and divide the oranges or mandarins into segments. Remove all the pith and place onto a wire to dry the outer surfaces.
2. Heat the sugar, glucose, water and 12 drops of lemon juice together in a saucepan to 155°C. Divide this into two halves and colour one half of the solution pink.
3. Oil a marble slab.
4. Dip the oranges or mandarins segments to half their length in the plain caramel. Drain off any surplus and allow to set then dip the other half in the pink caramel; drain and place on the oiled slab to set then serve in paper petit fours cases.

**3. FONDANT DIPPED
APPROXIMATELY 40 PORTIONS***Ingredients*

<u>Genoise sponge</u>	600 g
<u>Fondant icing</u>	400 g
<u>Butter cream</u>	200 g
<u>Marzipan</u>	200 g
Apricot jam	150 g
Castor sugar	100 g
Flavourings	
Confectionery colours	

Method

1. Prepare and cook the genoise sponge.
2. When the sponge is cold cut the crust from the top of the sponge with a knife.
3. Flavour and colour the fondant as required.
4. Cut the sponge into two layers of equal thickness, spread one layer with jam and then sandwich the two layers together.
5. Using castor sugar, roll out the marzipan 2 mm thick. Coat the top of the sponge with hot apricot glaze and place the marzipan on top.
6. The sponge can not be cut into a variety of shapes to an overall size of 20 mm.
7. Place these onto a pastry wire, brush the tops with hot apricot glaze and mask with the fondant.
8. When the fondant has set the cakes may be decorated as required.

Note: A wide variety of decoration is appropriate for small fancy cakes some suggested ingredients being:

- a. Glaze cherries
- b. Angelica
- c. Crystallised violets or rose petals
- d. Marzipan fruits
- e. Chocolate run-outs
- f. Chocolate line or decorative work
- g. Fondant line or decorative work
- h. Whole or split roasted nuts

NOVELTY**4. COCONUT PYRAMIDS***Ingredients*

Fondant	400 g
Desiccated coconut	200 g
Glycerine	10 ml
Icing sugar	100 g
Glaze cherries	5
Wafer paper	2 sheets

Method

1. Mix together the fondant, coconut, glycerine and icing sugar and colour to a pale pink or pale green.
2. Shape into small pyramids and stand on the wafer paper. Put a small round of cherry on the top of each and allow to set.
3. Put each into a petit fours case for service.

5. STUFFED DATES*Ingredients*

Tunis dates	200 g
Marzipan	200 g
Castor sugar or arabic solution	200 g

Method

1. Colour the marzipan green.
2. Cut the dates length ways and remove the stone.
3. Stuff each date with an oval shaped piece of marzipan a little larger than the stone so that it sits just proud of the date.
4. Mark the marzipan with the back of a knife to form a lattice work pattern.
5. Roll in castor sugar or brush with arabic solution and put in an oven at 160°C for 2 minutes.
6. Serve the dates in petit fours cases.

6. FONDANT CREAMS

Ingredients

<u>Fondant</u>	400 g
Glycerine	10 ml
Evaporated milk or single cream	10 ml
Icing sugar	
Colourings	
Flavourings	

Method

1. Warm the fondant to 50°C and add the evaporated milk, the glycerine and the colouring and flavouring required.
2. Dust the moulds with icing sugar and fill each one with fondant. When the fondant has set turn each one out and decorate with crystallised violets, almonds and dragees etc.

6. PEPPERMINT CREAMS

Ingredients

<u>Fondant</u>	400 g
Glycerine	10 ml
Evaporated milk or single cream	10 ml
Icing sugar	200 g
Oil of peppermint	6 drops
Green colouring	
Silver dragees	

Method

1. Warm the fondant to 50°C and add the evaporated milk, glycerine, peppermint oil and green colouring.
2. Add the icing sugar to a pliable paste and allow to cool.
3. Roll out to 5 mm thick and cut into rounds or crescents 25 mm in diameter and allow to set.
4. Decorate for service with chocolate fondant designs, and silver dragees. The peppermint creams may also be partly or fully covered with chocolate.

8. FUDGE

APPROXIMATELY 30 PIECES

Ingredients

Sugar	100 g
Golden syrup	100 g
Butter	100 g
Evaporated milk or single cream	250 ml
Vanilla essence	

Method

1. Put the sugar, syrup, butter and evaporated milk into a saucepan and heat slowly until the butter has melted.
2. Continue to heat to soft ball stage 116°C stirring gently then remove from the heat, add the vanilla essence and beat vigorously until close to setting point.
3. Pour into lightly greased trays and when nearly set, cut to the desired portion size.

9. NOUGAT MONTELMAR

10 PORTIONS

Ingredients

Pistachio nuts	15 g
Glace cherries	60 g
Chopped almonds	50 g
Hazelnuts	50 g
Icing sugar	150 g
Water	50 ml
Glucose or golden syrup	25 g
Egg	1
Rice paper	2 sheets
Clear honey	100 g

Method

1. Roughly chop the almonds, hazelnuts and pistachio nuts and lightly colour them underneath a grill. Quarter the cherries.
2. Heat the sugar, glucose and water to 137°C.
3. Heat the honey to 126°C.
4. Separate the white of egg from the yolk, put aside the yolk and whisk the egg white to a stiff peak in a bowl.
5. Slowly add the cooked sugar at 137°C to the egg white followed by the honey at 126°C continuing to whisk vigorously.
6. Stand the mixing bowl in a boiling bain marie and continue to whisk the mixture until it reaches the texture of meringue.
7. Stir in the icing sugar and then add the chopped nuts, and the quartered cherries.
8. Place a sheet of rice paper onto a flat tray, spread the mixture onto the paper to a depth of 20 mm then cover with another sheet of rice paper. Press flat and allow to set overnight.
9. Cut the nougat into 20 mm squares and put into petit fours cases for service.

10. RUM TRUFFLES

10 PORTIONS

Ingredients

Cake crumbs	50 g
Chocolate	50 g
Sugar	25 g
Rum	10 ml
<u>Apricot glaze</u>	5 ml
Chocolate vermicelli	100 g
Confectionery colouring	

Method

1. Mix together the cake crumbs, sugar, apricot glaze and rum then add 25 g of melted chocolate and colouring.
2. Divide the mixture into ten equal sized pieces and mould these into balls.
3. Coat them with melted chocolate and then roll them in chocolate vermicelli and place into petit fours cases for service.

11. CORNETS

Ingredients

Glaze cherries	6
Margarine	50 g
Icing sugar	50 g
Egg	1
Flour	50 g
<u>Praline butter cream</u>	300 g

Method

1. Cream together the margarine and sugar add the egg, beating vigorously and then fold in the flour.
2. Grease a baking tray and using a piping bag with a 7 mm plain tube, pipe 20 mm rounds of the mixture onto the tray. Bake these in an oven at 200°C until lightly coloured.
3. While they are still hot remove them from the tray with a palette knife and shape them over the base of a cream horn mould to form a small cornet. When set fill with praline butter cream and place a small round of cherry in the centre.

12. ENGLISH ROUTE

Ingredients

Ground almonds	125 g
Castor sugar	75 g
Eggs	3
Yellow colouring	
Vanilla essence	
Nuts, glace cherries and angelica	

Method

1. Mix together the castor sugar, almonds, vanilla essence and a little yellow colouring. Separate the egg yolks from the whites and put aside the yolks.
2. Mix the dry mixture with the egg white to form a stiff paste.
3. Grease and flour a baking tray and using a piping bag with a star piping tube, pipe out small stars, whirls and scrolls.
4. Decorate as required and leave in a warm place to form a skin. Then bake in an oven at 220°C to a light golden brown.
5. Dust with icing sugar for service.

13. JAPONAISE

Ingredients

Eggs	2
Castor sugar	100 g
Ground almonds (fine)	50 g
Cornflour	5 g
<u>Fine praline butter cream</u>	150 g
Fine toasted cake crumbs	150 g
Pink fondant	50 g
Silver dragees	24

Method

1. Mix together the ground almonds and cornflour.
2. Separate the egg yolks from the whites and put aside the yolks. Grease a baking tray and dust it with flour.
3. Whisk the egg whites to a stiff peak then gradually add the sugar whisking vigorously.
4. Fold in the ground almond mixture.
5. Using a piping bag with a medium sized plain tube pipe flat rounds 20 mm diameter onto the baking tray. Cook in an oven at 140°C without colouring.
6. When they are cooked remove them from the tray to cool. Mount them together in pairs with praline buttercream, coat them with the lightly toasted crumbs.
7. Pipe a dot of pink fondant onto the top of each embellish with a silver dragee and serve in petit fours cases.

14. DUTCH MACAROONS

Ingredients

Finely Sifted Ground Almonds	56 g
Icing Sugar	112 g
Ground Rice	1 tspn
White of Egg (approx)	56 g

Method

1. Mix together dry ingredients and white of egg, stand over a saucepan of hot water and give a thorough mixing, heating the mixture to 115°F (note: keep warm whilst working).
2. Dress out onto greaseproof lined baking sheets, using a forcing bag and ¼" plain piping tube, oval shapes ¾" long.
3. Allow to dry out overnight in a warm atmosphere, i.e. 100°F, this is to ensure a high gloss on the biscuit.
4. Score the length of the biscuit with a razor blade, and bake in a moderate oven (320°F) to a light brown colour.
5. To remove biscuit from paper, pick up the whole sheet of biscuits and lay on to a damp cloth for a short period, this will have the effect of releasing the biscuit from the paper easily. Now mount 2 biscuits together using a little jam or fondant.
6. Place each into a glacé petits fours paper case for service.

15. MACAROON AND WALNUT BALLOONS

Ingredients

Ground Almonds	112 g
Castor Sugar	112 g
Granulated Sugar	112 g
Ground Rice	14 g
Egg Whites	2-3
Rice Paper	2 sheets
Fondant	112 g
Walnut halves	

Method

1. Mix together dry ingredients, add egg white and give a thorough beating.
2. Line a baking tray with rice paper and using a forcing bag and a ¼" diameter plain tube dress out ¾" diameter rounds. Mixture must be fairly stiff. In the centre of each round put an almond or half walnut.
3. Bake in a moderate oven (320°F) until cooked.
4. When cold, stick 2 together with soft fondant.
5. Put into paper case ready for service.

16. MARQUIS BISCUITS

Ingredients

Margarine	56 g
Castor Sugar	56 g
Egg White	42 g
Flour	63 g
Chocolate couverture	

Method

1. Cream margarine and sugar together until mixture is very light, add egg white slowly, then blend in flour.
2. Grease and flour baking trays, dress out mixture using a forcing bag and ¼" diameter plain tube into 2" lengths; bake in medium oven (400°F).
3. When cold, remove from trays and write marquis on each biscuit using chocolate couverture.

17. PARISIENNE

10 PORTIONS

Ingredients

Ground almonds	100 g
Castor sugar	100 g
Ground rice	5 g
Eggs	2

Method

1. Separate the egg yolks from the whites and put aside the yolks.
2. Mix together the dry ingredients and add sufficient of the egg whites to produce a firm paste.
3. Line a baking tray with greaseproof paper and with a piping bag and either a star or plain tube pipe out fancy shapes and decorate them with glace cherries and angelica. Leave to dry overnight.
4. Bake them in an oven at 180°C to a golden brown. Remove them from the oven and brush them with gum arabic solution then return them to the oven for 2 minutes to set the glaze.
5. Remove the biscuits from the greaseproof paper with a palette knife and a damp cloth. Allow them to cool and serve them in petit fours cases.

PART 4 - GURKHA COOKERY

CHAPTER THIRTY EIGHT

Basic Preparations

MASALA

1. Meat and fish masala
2. Fresh masala
3. Garam masala

UNCLASSIFIED

4. Coconut milk
5. Curry sauce
6. Jelebi syrup

MASALA

1. MEAT AND FISH MASALA
(MASU ANI MACHHA KO MASALA)
400 GRAMS*Ingredients*

Bay leaves	25 g
Red chillies	100 g
Black peppercorns	20 g
Coriander seeds	50 g
Cumin seeds	50 g
Turmeric	25 g
Cloves	20
Cinnamon stick	1x7 cm
Cardamon seeds	10 g
Ginger	25 g
Garlic	4 cloves
Onions	100 g

Method

1. Clean all the whole ingredients and grind each of them separately adding a little water as necessary.
2. Put all the ingredients into a bowl and mix together.

Notes:

1. This masala is suitable for use in meat and fish curries.
2. The quantities of spice may be varied according to taste.

2. FRESH MASALA (TAJA MASALA)
400 GRAMS*Ingredients*

Dried chillies	100 g
Coriander seeds	50 g
Cumin seeds	50 g
Turmeric	50 g
Ginger	50 g
Garlic	4 cloves
Onions	100 g
Tomatoes	100 g
Tomatoe puree	50 g

Method

1. Remove the seeds from the chillies.
2. Soak the chillies, coriander and cumin seeds for 5 minutes.
3. Drain, then grind each separately.
4. Peel the garlic and ginger and grind them together.
5. Peel the onions, tomatoes and grind to a paste.
6. Mix all the ingredients together in a bowl.

Notes:

1. This masala is suitable for use with vegetables and in dal curries.
2. Quantities of spice may be varied according to taste.

3. GARAM MASALA
300 GRAMS*Ingredients*

Cinnamon sticks	2x7 cm
Cardamoms	100 g
Cloves	50 g
Cumin seeds	100 g
Coriander seeds	50 g
Black peppercorns	25 g

Method

1. Preheat the oven to 100°C.
2. Spread the ingredients in a roasting tin, and roast on the bottom of an oven for 30 minutes, stirring occasionally to prevent colouring.
3. Remove the seeds from the cardamon pods and place on one side, discarding the empty pods.
4. Finely crush the cinnamon sticks in a clean cloth by pounding with a rolling pin.
5. Mix the ingredients together and grind to a fine powder.

Notes:

1. The masala may be stored for up to 6 months in an airtight container without loss of flavour.
2. Quantities of the spices may be varied according to taste.

UNCLASSIFIED

4. COCONUT MILK (NABLWAL DO DUDH)
500 MILLILITRES*Ingredients*

Coconut	1
Water	500 ml

Method

1. Make a hole in two of the three eyes of the coconut, drain off the liquid and place to one side.
2. Preheat the oven to 200°C and bake the empty coconut for 15 minutes.
3. Transfer the coconut to a chopping board and while it is still hot split into halves.
4. Cut the flesh into 25 mm dice and soak in the water for 4 hours.
5. Pass the liquid through a muslin lined strainer trapping the flesh in the muslin.
6. Wring the muslin to extract the remaining liquid from the flesh and then discard the flesh.
7. Mix the liquid obtained at stages 1, 5 and 6 to make coconut milk. If a thinner milk is required cold water can be added gradually until the desired consistency is obtained.

Note: The coconut should be shaken before use to ensure that it is full of liquid (the more liquid the fresher the coconut). Coconuts without liquid or with mouldy or wet eyes are probably unfit for use.

5. CURRY SAUCE
1 LTR*Ingredients*

Onions	150 g
Oil	50 ml
Tomatoe puree	25 g
Chilli paste	25 g
Ginger	75 g
Garlic	1 clove
Tomatoes	100 g
Turmeric	10 g
Garam Masala	25 g
Stock	550 ml
Salt	

Method

1. Heat the oil to a blue haze, add the chopped onions and fry to a light brown.
2. Add the ginger and garlic and cook for 3 minutes. Add the tomato puree, chilli paste,

garam masala, turmeric and tomatoes and cook for another 5 minutes. Add the stock.

3. Bring to the boil and simmer for 20 minutes then season.

6. JALEBI SYRUP (JALEBI KO CHAASHNI) 500 MILLILITRES

Ingredients

Sugar	250 g
Lime/lemon	1
Cinnamon	1x5cm
	piece
Cardamons	5
Bay leaves	1
Water	300 ml

Method

1. Cut the lime/lemon into slices.
2. Put all the ingredients into a saucepan, bring to the boil, reduce the heat and simmer for 30 minutes.
3. Pass through a strainer and keep warm. If allowed to cool the syrup will thicken. Use as required.

PART 4 - GURKHA COOKERY

CHAPTER THIRTY NINE

RICE DISHES

SIMPLE

1. Plain boiled rice and steamed pudding
2. Tomato rice
3. Turmeric rice
4. Yellow rice

COMPOSITE

5. Chicken pulao
6. Egg pulao
7. Kerao pulao
8. Lamb biryani

9. Lamb pulao

10. Meat or chicken yakhni pulao
11. Minced meat pulao
12. Mushroom pulao
13. Plain rice pulao
14. Rice with potatoes, coriander and mint
15. Spiced turmeric rice with lamb
16. Turmeric rice with minced lamb
17. Vegetable pulao

SIMPLE**1. PLAIN BOILED RICE AND STEAMED RICE
10 PORTIONS***Ingredients*

Rice	2 kg
Water	2.5 ltr
Salt	

Method

1. Pick and wash the rice.
2. Bring the water to the boil and add the salt. Rain in the rice and stir until the water reboils. Adjust the water level to barely cover rice.
3. Simmer for 10 minutes, cover with a lid, turn off the heat and allow to cook in its own heat for 20 minutes.
4. Put the rice into a serving dish and fluff it up with a fork.

Note: At Stage 3 the water level may need adjusting after simmering for 10 minutes according to the type of rice.

RICE STEAMER METHOD

1. Pick and wash the rice.
2. Put a maximum of 5.5 kg of rice into each steamer tray, cover with boiling water and add salt. Apply heat to reach steaming point and cook for about 20 minutes.
3. Put the rice into a serving dish and fluff up with a fork.

**2. TOMATO RICE(GOLBHEDA KO BHAT)
10 PORTIONS***Ingredients*

Rice	2 kg
Onions	1 kg
Garam Masala	20 g
Oil	75 ml
Tomato juice	250 ml
Garlic	4 cloves
Ginger powder	20 g
Chilli powder	20 g
Water	1.5 ltr
Salt	1.5 ltr

Method

1. Pick and wash the rice.
2. Peel and shred the onions.
3. Peel and crush the garlic. Add the ginger and chilli powders and mix to a paste.
4. Heat the oil to a blue haze, add the onion and dry until golden brown.
5. Add the garlic paste and garam masala and fry for 5 minutes.
6. Rain in the rice and stir. Add the tomato juice, salt and water.
7. Bring to the boil and simmer for 10 minutes. Cover with a lid and cook for about 30 minutes until the rice is tender. Put into a serving dish and fluff up with a fork.

**3. TURMERIC RICE (PAHENLO BHAT)
10 PORTIONS***Ingredients*

Rice	2 kg
Turmeric	10 g
Oil	75 g
Cinnamon stick	1x3 cm
Cloves	8
Onions	600 g
Sugar	100 g
Boiling water	2.5 ltr

Cardamon seeds	10 g
Salt	10 g

Method

1. Pick and wash the rice.
2. Peel and finely chop the onions.
3. Heat the oil to a blue haze, add the cloves and cinnamon and coat with oil. Add the onions and fry together stirring constantly until the onions are golden brown.
4. Add the rice and turmeric and stir for 5 minutes until all the liquid has evaporated.
5. Add the boiling water, sugar, salt and cardamon and return to the boil stirring constantly.
6. Cover and cook for about 30 minutes until the rice is cooked. Put into a serving dish and fluff up with a fork.

**4. YELLOW RICE (PAHENLO BHAT)
10 PORTIONS***Ingredients*

Rice	2 kg
Water	2.5 ltr
Turmeric	20 g
Salt	20 g

Method

1. Pick and wash the rice.
2. Whisk together the turmeric and water, bring to the boil and add the salt. Rain in the rice and stir until the water re-boils. Adjust the water level to barely cover the rice.
3. Simmer for 10 minutes, cover with a lid, turn off the heat and allow to cook in its own heat for about 20 minutes until the rice is tender.
4. Put the rice into a serving dish and fluff up with a fork.

COMPOSITE**5. CHICKEN PULAO (KUKHRA KO PULAO)
10 PORTIONS***Ingredients*

Rice	1.6 kg
Chicken	1.1 kg
Onions	600 g
Milk	250 ml
Yoghurt	250 ml
Ginger	10 g
Coriander powder	20 g
Poppy seeds	20 g
Cloves	8
Oil	250 ml
Cardamons	8
Turmeric	pinch
Salt	

Method

1. Pick and wash the rice. Peel and shred the onions.
2. Grind the ginger, poppyseeds and half each of the onions, the cloves, and the cardamons. Then mix together in a bowl with the yoghurt and coriander powder.
3. Rub the inside and the outside of the chicken with the yoghurt mix and allow it to stand in the remainder for 1 hour.
4. Heat the oil to a blue haze and dry the remaining onions to a golden brown.
5. Add the chicken and yogurt mixture. Fry the chicken all over then cover and simmer gently until the chicken is tender. Adjust the seasoning.
6. Plain boil the rice adding the remaining cardamon and cloves to the water.

7. Place the chicken and sauce in a fireproof dish and cover with the cooked rice. Sprinkle with milk and turmeric and bake in a hot oven 230°C for 10 minutes. Serve immediately.
6. EGG PULAO (ANDA KO PULAO)
10 PORTIONS

Ingredients

Eggs	10
Rice	1.6 kg
Oil	100 ml
Chillies	25 g
Turmeric	25 g

Method

1. Make an omelette and cut it into thin strips.
2. Pick and wash the rice.
3. Plain boil the rice.
4. Wash and finely chop the coriander. Shred the chillies.
5. Heat the oil to a blue haze and fry together the rice, salt, turmeric and eggs stirring frequently, until thoroughly heated.
6. Put into a serving dish, fluff up with a fork, garnish with chopped coriander and shredded chillies.

Note: This is a suitable dish for using left over rice and cooked eggs of any kind.

7. KERAU PULAO (MATAR PULAO)
10 PORTIONS

Ingredients

Rice	1.25 kg
Oil	75 ml
Cloves	8
Cinnamon stick	2x5 cm
Cardamon seed	5 g
Cumin seeds	5 g
Turmeric	5 g
Peas	600 g
Water	2 ltr
Salt	

Method

1. Wash the rice, soak in cold water for 30 minutes and drain.
2. Heat the oil to a blue haze and fry together the cloves, cinnamon, cardamon and cumin for ½ a minute.
3. Add the turmeric and rice and cook over medium heat for about 3 minutes. Add the peas and salted boiling water and boil until the water has almost completely evaporated, cover with a lid and simmer for 30 minutes without lifting the lid or stirring.
4. Fork the rice grains lightly and serve hot with curries.

8. LAMB BIRYANI (DUMBA BIRYANI)
10 PORTIONS

Ingredients

Rice (Basmati)	1.25 kg
Lamb (lean and boneless)	800 g
<u>Curry sauce</u>	500 ml
<u>Chicken stock</u>	1 ltr

Eggs	3
Tomatoes	400 g
Green peppers	2
Salt	2

Method

1. Pick and wash the rice.
2. Bring the stock to the boil and add the salt. Rain in the rice and stir until the stock reboils. Adjust the stock level to barely cover the rice.
3. Simmer for 10 minutes, cover with a lid, turn off the heat and allow to cook in its own heat for another 20 minutes.
4. Boil the curry sauce. Cut the lamb into 15 mm dice and add to the sauce. Cook for 30 minutes turning frequently to prevent sticking.
5. Mix the rice and lamb curry together.
6. Garnish with the sliced hard boiled egg, tomatoes and finely sliced green pepper.

9. LAMB PULAO (BHERA KO PULAO)
10 PORTIONS

Ingredients

Lamb	800 g
Yoghurt	125 ml
Rice	800 g
Garlic	4 cloves
Oil	75 ml
Lemon	1
<u>Garam Masala</u>	25 g
Sugar	50 g
Turmeric	20 g
Onions	600 g
Ginger powder	10 g
Salt	

Method

1. Pick and wash the rice. Cut the lamb into 15 mm dice. Peel the onions and grind the flesh to a paste.
2. Peel and crush the garlic. Add the ginger and mix to form a paste.
3. Heat the oil to a blue haze, add half of the onions and fry to a golden brown.
4. Mix half of the turmeric and three quarters of the garam masala with the garlic and ginger powder. Coat the lamb with this mixture then pour on the yoghurt, add the fried onions and salt. Allow to stand for 1 hour.
5. Place the meat mixture into a saucepan together with the sugar, lemon juice and the remaining onions, turmeric and garam masala. Bring to the boil then simmer until the lamb is tender. Adjust the seasoning. Plain boil the rice.

- Place half the rice in a greased fire proof dish, pour on the meat mixture, add the rest of the rice, cover and cook in an oven at 200°C for 15 minutes then serve immediately.

10. MEAT OR CHICKEN YAKHNI PULAO 10 PORTIONS

Ingredients

Meat or chicken	800 g
Rice	1.6 kg
Onions	400 g
Oil	200 ml
Raisins	100 g
Turmeric	10 g
Bay leaves	2
Cloves	5
Cinnamon stick	1x5 cm
Almonds	100 g
Salt	100 g

Method

- Pick and wash the rice. Peel and shred the onions.
- Remove the excess fat and bone from the meat or chicken. Cut into 25 mm dice.
- Tie the bay leaves, peppercorns, cloves and cinnamon in a muslin cloth.
- Put half of the onions, the spice bag and meat into a saucepan, cover with water and bring to the boil. Reduce the heat and simmer until tender.
- Adjust the seasoning. Remove the meat from the liquid and set aside. Add water to the liquid to make up to 2 litres.
- Heat the oil to a blue haze, fry the remaining onions until golden brown, remove from the oil and allow to drain with the almonds.
- Fry the meat until dry then remove from oil.
- Fry the rice for five minutes, add the raisins and turmeric and continue to fry for a further minute. Add the stock and bring to the boil, reduce the heat, cover and simmer for 20 minutes.
- Put into suitable dishes and cook in an oven at 200°C for 15 minutes.
- Garnish with the fried almonds and fried onions.

11. MINCED MEAT PULAO (KIMAKO PULAO) 10 PORTIONS

Ingredients

Rice	1.6 kg
Lamb (lean and boneless)	800 g
Onions	400 g
Ginger powder	20 g
Garlic	4 cloves
Oil	125 ml
Cloves	8
Peas	800 g
Garam Masala	50 g
Yoghurt	125 ml
Cumin seed	20 g
Salt	

Method

- Coarsely mince the lamb. Pick and wash the rice.
- Peel and grind together the onion, garlic and ginger powder.
- Heat the oil to a blue haze, add the cumin seed and cloves, fry until the cloves rise to the surface.

- Add the onion mixture and fry for 2 minutes.
- Add the minced meat, fry for 3 minutes then add the yoghurt and cook until the meat is a rich brown.
- Add the peas and simmer until they are cooked.

- Add the rich and salt to the mixture, add sufficient boiling water to cover the surface of the rice by 25 mm. Return to the boil, cover and simmer until the water has almost evaporated.

- Put into serving dishes, sprinkle the surface with masala, cover and cook in an oven at 200°C for 20 minutes.

12. MUSHROOM PULAO (CHYAU KO PULAO) 10 PORTIONS

Ingredients

Rice	1.5 kg
Onions	400 g
Cardamons	20
Cloves	20
Cumin seed	20 g
Black peppercorns	20 g
Mushrooms	800 ml
Water	1 ltr

Method

- Pick and wash the rice. Dice the mushrooms.
- Heat the oil to a blue haze, slice and fry the onion. Add the cardamons, cloves, cumin seeds, and black peppercorns and fry, stirring frequently, for 2 minutes.
- Add the mushrooms. Fry for a further 2 minutes then remove the mushrooms using a perforated spoon leaving the spices.
- Add the washed rice. Pour on boiling water and re-boil until the water has almost completely evaporated.
- Stir in the mushrooms, cover with a lid and cook until the rice is tender.

13. PLAIN RICE PULAO (SADA PULAO) 10 PORTIONS

Ingredients

Rich (Basmati)	2 kg
Oil	75 ml
Onions	200 g
Ginger	25 g
Garlic	3 cloves
Cinnamon	5 cm
piece	
Cardamon pods	5
Bay leaves	3
Cumin seeds	10 g
Water	2 ltr
Fresh coriander	10 g
Salt	

Method

- Pick and wash the rice.
- Soak the rice in water for 10 minutes. Chop the coriander.
- Peel and roughly chop the onions and fry half with the garlic in the oil until golden brown.
- Add the remaining ingredients and cook for 2 minutes.

5. Add the rice and cook for a further 2 minutes. Add boiling water re-boil until all the water is absorbed, cover with a lid, turn off the heat and allow to cook in its own heat. Fry the remaining onion to a golden brown and use it with the chopped coriander to garnish the rice for service.

14. RICE WITH POTATOES, CORIANDER AND MINT (ALU, DHANIYA RA PADINAKO BHAT)

10 PORTIONS

Ingredients

<u>Spiced potatoes</u>	400 g
Rice	800 g
Water	1 ltr
Oil	150 ml
Onions	150 g
Yoghurt	300 ml
Turmeric	10 g
Cloves	8
Cinnamon stick	1 cm
Mint	25 g
Ginger powder	20 g
Coriander	25 g
Water (for casserole)	1 ltr
Salt	

Method

1. Peel and finely chop the onions. Wash and finely chop the coriander.
2. Pick and wash the rice and cook in boiling water for 5 minutes. Drain and put aside.
3. Heat half the oil over a moderate heat in a fire proof dish. Add the cloves and cinnamon and cook for ½ a minute.
4. Add the spiced potatoes and cook for 5 minutes until golden brown. Remove from the heat and add the mint and half of the ginger.
5. Cover the mixture with half the rice, smoothing the surface.
6. Mix together the yoghurt, salt and turmeric then pour half over the rice in the dish.
7. Sprinkle on the chopped onions, the coriander and the remaining ginger.
8. Cover with the remaining rice and then pour on the rest of the yoghurt mixture.
9. Pour on the remaining oil add boiling water, cover and cook over a high heat for 15 minutes.
10. Run a knife around the edge of the dish and turn out onto a serving dish. Serve immediately.

15. SPICED TURMERIC RICE WITH LAMB (DUMBA KO MASU SANGA MASALDAR BHAT)

10 PORTIONS

Ingredients

Rice	1.6 kg
Lamb (lean and boneless)	800 g
Onions	200 g
Oil	200 ml
Yoghurt	125 ml
Tinned milk or Single cream	125 ml
Cashew nuts	100 g
Almonds	50 g
Pistachio nuts	100 g
Ginger	25 g
Garlic	4 cloves
Cayenne pepper	3 g
Turmeric	10 g
Cumin seed	5 g
Cinnamon stick	1x3 cm

Cloves	8
Peppercorns	3 g
Cardamon	3 g
Mace pinch	
Nutmeg	pinch
<u>Chicken stock</u>	1 ltr
Water	1 ltr
Salt	

Method

1. Pick and wash the rice.
2. Peel and shred the onions.
3. Peel and finely chop the garlic and ginger.
4. Blanch the almonds then cut them into slivers.
5. Cut the lamb into 15 mm dice.
6. Bring the water to the boil, rain in the rice, add salt and cook for 10 minutes. Drain and put the rice aside.
7. Mix the yoghurt and cream together.
8. Whisk the turmeric with ¾ of the stock.
9. Heat half of the oil to a blue haze, add the onions and fry to a golden brown. Remove the onions from the oil and allow to drain.
10. Add the various nuts and raisins to the oil and fry to a golden brown. Remove from the oil and allow to drain.
11. Add the ginger, garlic, cumin and cayenne to the oil (add more oil if required), fry for 1 minute stirring constantly.
12. Add the lamb and salt and cook over a fierce heat until the meat is lightly browned on all sides.
13. Add the cinnamon stick, cloves, peppercorns, cardamon seeds, mace, nutmeg, the stock and the yoghurt and cream mixture stirring constantly.
14. Reduce the heat, cover with a lid and cook for 15 minutes. Remove from the heat and allow to rest for 5 minutes. Transfer the lamb and cinnamon stick to a clean bowl and retain the cooking juices.
15. Preheat the oven to 190°C.
16. Oil the bottoms of deep baking dishes then spread half of the rice between the dishes ensuring the bottoms are covered. Pour on half of the stock and turmeric mixture.
17. Spread half of the meat on the rice laying the cinnamon in the centre of meat. Add the rest of the rice, level off then spread the remaining meat on top.
18. Mix the remaining stock and turmeric mixture with the cooking juices from Stage 14.
19. Pour over the meat and rice then cover with foil crimping the edges firmly. Cover with a lid bake in an oven at 200°C for 30 minutes until the lamb is tender and most of the liquid has been absorbed.
20. Turn out onto a serving dish and garnish with the fried onions, cashew nuts, almonds, pistachio nuts and raisins.

16. TURMERIC RICE WITH MINCED LAMB
(K1,A
SANGA BESAR KO BHAT)
10 PORTIONS

Ingredients

Rice	1.6 kg
Lamb (lean and boneless)	800 g
Onions	400 g
Oil	25 ml
Cumin seed	10 g
Turmeric	20 g
Coriander	25 g
Fennel seed	20 g
<u>Chicken stock</u>	2 ltr
Salt	

Method

1. Whisk together half of the turmeric and the chicken stock.
2. Peel and finely chop the onions, wash and finely chop the coriander.
3. Mince the lamb through a coarse plate.
4. Pick and wash the rice and cook it in boiling salted water for 10 minutes; drain and put aside.
5. Heat half of the oil to a blue haze, add the onions, cumin seed and salt and fry until the onions are cooked but not coloured. Add the remaining turmeric and cumin powder and fry for a further 1 minute.
6. Add the lamb and fry until all traces of blood have disappeared. Remove the pan from the heat and stir in the coriander.
7. Heat the remaining oil in a fire proof dish. Add the fennel seeds and rice and stir until evenly coated with oil. Remove the dish from the heat.
8. Put two thirds of the rice on one side and spread the remainder evenly over the base of dish. Add half of the meat then half of the remaining rice. The remaining meat is now added followed by the remaining rice.
9. Pour the chicken stock down the sides of the dish, bring to the boil. Cover with a tight fitting lid and bake in an oven at 200°C for 30 minutes.
10. Remove from the oven and serve immediately.

17. VEGETABLE PULAO (SABJI KO PULAO)
10 PORTIONS

Ingredients

Rice	1.6 kg
Oil	75 ml
Green pepper	75 g
Potatoes	100 g
Peas	75 g
Carrots	75 g
French beans	75 g
Onions	200 g
Turmeric	25 g
Bay leaves	3
Cardamon seeds	5 g
Water	2 ltr
Cloves	5
Salt	

Method

1. Pick and wash the rice.
2. Wash the green peppers, remove the seeds and pith and cut into 15 mm dice.
3. Wash and peel the carrots and potatoes. Cut the potatoes into 15 mm dice and slice the carrots 5 mm thick.
4. Wash and trim the beans, cut them into 25 mm lengths.
5. Peel and finely chop the onions and fry in the oil until golden brown. Remove from the oil and keep warm. Repeat for each vegetable.
6. Add the spices to the oil and cook until the cloves rise to the surface.
7. Add the rice and cook for 3 minutes. Pour on boiling salted water and boil until the water has almost completely evaporated. Mix in all the fried vegetables except the onions.
8. Cover with a lid, turn off the heat and allow to cook in its own heat.
9. Garnish the surface of the rice with the fried onions for service.

PART 4 - GURKHA COOKERY

CHAPTER FORTY

DAL DISHES

PLAIN

1. Plain dal chenna
2. Plain dal mung
3. Plain dal mysore
4. Plain dal urd

CURRIED

5. Curried dal chenna

7. Curried al mysore

8. Curried dal urd

UNCLASSIFIED

9. Black dal

10. Potato dal

11. Sour dal

12. Sal with aubergines,
cauliflower and tomatoes

13. Dal with vegetables

PLAIN

1. PLAIN DAL CHENNA (SADA CHENNA KO DAL)
10 PORTIONS*Ingredients*

Dal chenna	500 g
Green chillies	5
Onions	150 g
Oil	75 ml
Turmeric	10 g
Cumin seed	20 g
Mustard seed	20 g
Coconut	25 g
Coriander	5 g

Method

1. Pick and wash the dal, soak overnight. Drain then grind to a coarse paste.
2. Peel and chop the chillies, dice the onions. Wash and finely chop the coriander.
3. Grate the coconut.
4. Heat the oil to a blue haze add the onions and fry to a golden brown. Add the turmeric, cumin and mustard seeds.
5. When the mustard seeds begin to burst, add the ground dal and salt and fry over a low heat for ten minutes.
6. Add the coconut and chillies, cover and cook for 5 minutes.
7. Put into a serving dish and garnish with the coriander.

2. PLAIN DAL MUNG (SADA MUNG DO DAL)
10 PORTIONS*Ingredients*

Dal Mung	500 g
Turmeric	10 g
Oil	125 ml
Onions	100 g
Chillies	4
Ginger	10 g
Water	3 ltr
Salt	

Method

1. Pick and wash the dal.
 2. Peel and shred the onions and chop the chillies.
 3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
 4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
 5. Heat the oil to a blue haze and fry together the onions and chillies until the chillies are crisp. Add the ginger.
 6. Place the dal in a serving dish, pour on the onions, chillies and ginger. Serve hot.
3. PLAIN DAL MYSORE (SADA MASURI KO DAL)

10 PORTIONS

Ingredients

Dal Mysore	500 g
Turmeric	10 g
Oil	125 ml
Onions	100 g
Chillies	4
Ginger	10 g
Water	3 ltr
Salt	3 ltr

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions and chillies until the chillies are crisp. Add the ginger.
6. Place the dal in a serving dish, pour on the onions, chillies and ginger. Serve hot.

4. PLAIN DAL URD (SADA URD KO DAL)
10 PORTIONS*Ingredients*

Dal Urd	500 g
Turmeric	25 g
Oil	125 ml
Onions	100 g
Chillies	4
Ginger powder	10 g
Water	3 ltr
Salt	3 ltr

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions and chillies until the chillies are crisp. Add the ginger powder.
6. Place the dal in a serving dish, pour on the onions, chillies and ginger. Serve hot.

CURRIED5. CURRIED DAL CHENNA (CHENNA DAL KO TARKARI)
10 PORTIONS

Ingredients

Dal Chenna	500 g
Green chillies	4
Onions	100 g
Oil	100 ml
Turmeric	10 g
Cumin seed	10 g
Mustard seed	10 g
Coconut	25 g
<u>Garam Masala</u>	20 g
Coriander	25 g
Salt	25 g

Method

1. Pick and wash the dal and soak overnight. Drain, grind to a paste.
2. Peel and dice the onions and chop the chillies. Wash and finely chop the coriander.
3. Grate the coconut.
4. Heat the oil to a blue haze, add the onions and fry to a golden brown. Add the turmeric, cumin, garam masala and mustard seeds.
5. When the mustard seeds begin to burst, add the ground dal and salt and fry over a low heat for 10 minutes.
6. Add the coconut and chillies, cover and cook for 5 minutes. Serve in a warm dish garnished with coriander.

6. CURRIED DAL MUNG (MUNG DAL KO TARKARA)
10 PORTIONS

Ingredients

Dal Mung	500 g
Turmeric	10 g
Oil	75 ml
Onions	4
Chillies	4
Ginger powder	10 g
<u>Garam Masala</u>	20 g
Water	3 ltr
Salt	

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions, chillies, garam masala and ginger until the chillies are crisp.
6. Place the dal in a serving dish, pour on the onions, chillies, garam masala and ginger. Serve hot.
7. CURRIED DAL MYSORE (MASURI DAL KO TARKARI)
10 PORTIONS

Ingredients

Dal Mysore	500 g
Turmeric	10 g
Oil	5 ml

Onions	300 g
Chillies	4
Ginger powder	20 g
<u>Garam Masala</u>	
Water	
Salt	

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions, chillies, garam masala and ginger until the chillies are crisp.
6. Place the dal in a serving dish, pour on the onions, chillies, garam masala and ginger. Serve hot.

8. CURRIED DAL URD (KOTARKARI)
10 PORTIONS

Ingredients

Dal Urd	500 g
Turmeric	10 g
Oil	75 g
Onions	4
Chillies	4
Ginger powder	10 g
<u>Garam Masala</u>	20 g
Water	3 ltr
Salt	

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions, chillies, garam masala and ginger until the chillies are crisp.
6. Place the dal in a serving dish, pour on the onions, chillies, garam masala and ginger. Serve hot.

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9. BLCK DAL (KOLO DAL)
10 PORTIONS

Ingredients

Dal Urd	500 g
Onions	100 g
Chillies	100 g
Oil	75 ml
Turmeric	10 g
Coriander powder	5 g

Cumin powder	10 g
Ginger	25 g
Garlic	4 cloves
Water	1 ltr
Salt	

Method

1. Pick and wash the dal, steep in warm water for 1 hour. Remove the skins and drain.
2. Boil in water for 2½ hours. Pass through a sieve.
3. Peel and shred the onions and chop the chillies.
4. Peel and finely chop the garlic and ginger.
5. Heat the oil to a blue haze, add the onions and fry to a golden brown.
6. Add the turmeric, chillies, ginger and garlic, then the coriander and cumin powder. Fry for 2 minutes.
7. Mix together with the dal, adjust the seasoning and serve hot/.

10. POTATO DAL (ALU KO DAL) 10 PORTIONS

Ingredients

Dal Chenna	500 g
Onions	400 g
Tomatoes	400 g
Potatoes	400 g
Ginger	25 g
Oil 125 ml	
Chilli powder	10 g
Sugar	25 g
Turmeric	10 g
<u>Garam Masala</u>	50 g
Water	750 ml
Salt	

Method

1. Pick and wash the dal, cover with boiling water and soak overnight.
2. Peel and shred half the onions and extract the juice from the remaining onions.
3. Peel the potatoes and cut into 25 mm dice.
4. Blanch and skin the tomatoes.
5. Mix the ground ginger and onion juice to a paste.
6. Cover the dal with water and boil until soft, drain and pass through a sieve.
7. Heat 25 ml of the oil to a blue haze, fry the ginger paste for 2 minutes, add the dal, turmeric, chilli powder and salt and cook until dry. Turn out onto a flat dish, allow to cool then cut into 25 mm cubes.
8. Heat the remaining oil to a blue haze, add the shredded onion and cook to a golden brown, add the tomatoes, potatoes, sugar and water and simmer until the potatoes are cooked.
9. Add the cubes of dal, (mix carefully to avoid breaking) and simmer for 5 minutes.
10. Put into a heated serving dish, garnish with garam masala for service.

11. SOUR DAL (AMILO DAL) 10 PORTIONS

Ingredients

Dal Mysore, Mung or Arhar	500 g
Turmeric	10 g
Hinger powder	10 g
Lemon	2
Sugar	25 g
Oil	150 ml
Cumin seed	10 g
Water	3 ltr

Salt	3 ltr

Method

1. Pick and wash the dal.
2. Whisk the turmeric into the water, add the dal, bring to the boil and cook until the dal is tender. Pass through a sieve.
3. Adjust the consistency to that of a thick soup, add the ginger, lemon juice and sugar and cook for 2 minutes. Adjust the seasoning.
4. Heat the oil to a blue haze, add the cumin seeds, fry for 2 minutes then pour the oil onto the dal. Serve hot.

Note: The dal may be garnished with shredded green chillies or chopped coriander for service.

12. DAL WITH AUBERGINES, CAULIFLOWER AND TOMATOES (BAIGUN, PHULKUPI RA GOLBHEDA KO DAL) 10 PORTIONS

Ingredients

Dal Chenna, Mysore or Mung	700 g
Aubergines	200 g
Cauliflower	200 g
Tomatoes	200 g
Ginger	25 g
Garlic	4 cloves
Onion	75 g
Oil 75 g	
Turmeric	20 g
<u>Garam Masala</u>	20 g
Chillies	4
Water	4 ltr
Salt	

Method

1. Pick and wash the dal. Soak for 1 hour. Peel the onions, garlic and ginger.
2. Rewash the dal then cook it in boiling water for 2 hours skimming regularly to remove any scum. The dal should be the consistency of thick soup. Pass through a sieve.
3. Make a paste of the onions, garlic and ginger.
4. Shred the aubergines and chillies and cut the cauliflower into florets.
5. Cut the tomatoes into concasse.
6. When the dal has cooked for 2 hours, add the tomatoes and cook for a further 5 minutes.
7. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes. Add the aubergines, cauliflower, turmeric and masala and cook for a further 5 minutes.
8. Add the onion and vegetable mixture to the dal and adjust the seasoning.
9. Serve in a heated dish garnished with shredded chillies.

13. DAL WITH VEGETABLES (DAL SAG- SABJI SANGA) 10 PORTIONS

Ingredients

Dal Chenna, Mysore or Mung	500 g
Green vegetables	200 g
Ginger	15 g
Garlic	4 cloves
Onions	125 g
Oil	5 ml

Turmeric	10 g
Coriander powder	5 g
Cumin powder	10 g
Ginger	25 g
<u>Masala</u>	20 g
Water	1.25 ltr
Green chillies	4
Salt	

6. Add the vegetables and cook for a further 5 minutes.
7. Heat the oil to a blue haze, add the onions and garlic mixture and dry for 5 minutes. Add the masala and turmeric, stir and fry for a further 2 minutes.
9. Place the dal in a serving dish and pour on the onions, garlic mixture, masala and oil.
9. Garnish with shredded chillies and serve hot.

Method

1. Pick and wash the dal. Soak for 1 hour. Peel the onions.
2. Peel and grind together the garlic and ginger.
3. Wash and shred the vegetables and onions.
4. Shred the chillies.
5. Rewash the dal, cook in boiling water for 2 hours, skimming regularly to remove any scum. The dal should be the consistency of thick soup. Pass through a sieve and adjust the seasoning.

PART 4 - GURKHA COOKERY

CHAPTER FORTY ONE

MEAT

GOAT

1. Fried goat meat curry
2. Fried goat meat curry with sauce

LAMB

3. Grilled lamb kebabs
4. Spicy lamb kebabs
5. Lamb and cashew nut curry
6. Lamb and lentil curry
7. Lamb passanda
8. Lamb with yoghurt, coconut and masala
9. Spiced leg of lamb
10. Minced lamb meat balls stuffed with almonds in curry sauce
11. Minced lamb meat balls stuffed with hard boiled eggs in curry sauce
12. Minced lamb on skewers with sas

MUTTON

13. Fried mutton curry
14. Fried mutton curry with sauce

PORK

16. Fried pork curry
17. Fried pork curry with sauce
18. Pork vindaloo

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19. Minced meat with peas

GOAT

1. FRIED GOAT MEAT CURRY (BHUTEKO KHASI KO MASU)
10 PORTIONS*Ingredients*

Goat meat (boneless)	1 kg
Tomatoes	200 g
Onions	200 g
Oil	75 ml
Garlic	4 cloves
Ginger	25 g
Coriander	25 g
<u>Garam Masala</u>	50 g

Method

1. Cut the goat meat into 15 mm dice.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind the onion, garlic and ginger together to a paste. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes.
5. Add the goat meat and fry for a further 5 minutes. Add the masala, tomato and salt, reduce the heat and cook for 30 minutes.
6. Ensure that the meat is cooked. Adjust the consistency and seasoning.
7. Place the curry in a serving dish and serve sprinkled with chopped coriander.

Note: This curry should be served dry.

2. FRIED GOAT MEAT CURRY WITH SAUCE (BHUTEKO KHASI KO MASU SANGA SAUCE)
10 PORTIONS*Ingredients*

Goat Meat (lean and boneless)	800 g
Yoghurt	250 ml
Oil	100 g
Cayenna pepper	3 g
Ginger	25 g
Black peppercorns	3 g
Turmeric	5 g
Coriander	25 g
<u>Garam masala</u>	5 g
Ground nutmeg	3 g
Water	250 ml
Salt	

Method

1. Cut the goat meat into 25 mm dice and sprinkle with salt and cayenne pepper.
2. Grind the peppercorns. Scrape and finely chop the ginger.
3. Wash and finely chop the coriander.
4. Mix the chopped ginger with the yoghurt, pour over the goat meat ensuring the meat is evenly coated. Marinade in a covered dish in a cool place for 2 hours.
5. Heat the oil to a blue haze, add the goat meat, marinade, cayenne pepper and turmeric and bring to the boil, stirring constantly. Cover with a lid, reduce to a low heat and cook undisturbed for 1 hour.

6. Sprinkle with coriander, pour half of the water down the sides of the pan, re-cover and simmer for fifteen minutes.
7. Stir in half of the remaining water, re-cover and cook for a further 15 minutes.
8. Add the remaining water and simmer until the goat meat is cooked. Adjust the seasoning.
9. Put into a serving dish and garnish with nutmeg and garam masala.

LAMB

3. GRILLED LAMB KEBABS (POLEKO DUMBA KO KABAB)
10 PORTIONS*Ingredients*

Lamb (lean and boneless)	800 g
Lamb fat	400 g
Butter	150 g
Lemons	2
Salt	
Pepper	

Method

1. Cut the meat into 25 mm cubes. Cut the fat into thin slices and then 25 mm squares. Season the meat and fat with salt and pepper.
2. Coat the meat in melted butter.
3. Arrange the meat and fat alternately on skewers.
4. Cook under a hot grill until golden brown on all sides then sprinkle with lemon juice and serve immediately.

Note: Bacon may be used in place of lamb fat in which case only the meat should be seasoned.

4. SPICY LAMB KEBABS (MASALDAR DUMBA KO KABAB)
10 PORTIONS*Ingredients*

Lamb (lean and boneless)	800 g
Onions	200 g
Breadcrumbs	80 g
Fresh coriander	100 g
<u>Garam masala</u>	20 g
Chilli powder	10 g
Lemon	1
Lettuce	1
Cucumber	Half
Salt	

Method

1. Peel the onions then mince the lamb through the mincer with the onions, breadcrumbs, coriander, salt, chilli powder and garam masala.
2. Add the lemon juice to the mixture and form into balls of about 5 cm in diameter. Push these on to the skewer then mould them into sausage shapes along the metal.
3. Cook gently over a low heat on a barbecue or grill. When the meat comes off the skewer cleanly the kebabs are cooked.
4. Serve on a bed of lettuce and cucumber.

5. LAMB AND CASHEW NUT CURRY (DUMBA ANI KAJU KO CURRY)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Cashew nuts	75 g
Red chillies	25 g
Ginger	25 g
Cinnamon stick	1x10 cm
Cardamon seeds	5 g
Cloves	5
Garlic	4 cloves
Poppy seeds	25 g
Coriander seeds	25 g
Cumin seeds	20 g
Turmeric	10 g
Oil	125 g
Onions	150 G
Yoghurt	100 ml
Coriander	25 g
Lemons	2

Method

1. Remove the stalks and seeds from the red chillies. Scrape the ginger and peel the garlic and onions.
2. Finely chop the onions and coriander. Cut the lamb into 25 mm dice. Make a masala from the cashew nuts, chillies, ginger, cinnamon stick, cardamon seeds, cloves, garlic, poppy seeds, coriander seeds, cumin seeds and a little water by grinding them with a pestle and mortar or an electric blender to form a smooth paste.
3. Heat the oil to a blue haze, add the chopped onions and fry to a golden brown. Stir in the masala and salt, then add the yoghurt and cook over a moderate heat, stirring occasionally, until the oil lightly coats the surface.
4. Add the lamb and the turmeric. Cover with a lid and cook for 20 minutes stirring occasionally.
5. Sprinkle half of the chopped coriander over the lamb, recover and cook for a further 10 minutes until the lamb is tender.
6. Serve in a heated dish, sprinkled with lemon juice and garnish with the remaining coriander.

6. LAMB AND LENTIL CURRY (DAL ANI DUMBA CURRY)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Aubergines	400 g
Pumpkin Marrow	500 g
Tomatoes	400 g
Onions	400 g
Oil	25 ml
Ginger	25 g
Garlic	4 cloves
Turmeric	10 g
Chillies (fresh)	50 g
Mint	25 g
Coriander	25 g
Arhar Dal	200 g
Chenna Dal	50 g
Mung Dal	50 g
Cinnamon stick	6 cm
Chillies (dried)	3
Cardamon seeds	5 g
Cloves	8
Coriander seeds	15 g
Cumin seeds	15 g
Peppercorns	15 g

Salt

Method

1. Cut the lamb into 25 mm dice.
2. Scrape and finely chop the ginger. Peel and finely chop the garlic.
3. Wash and roughly chop the mint. Wash and finely chop the coriander.
4. Wash and cut the aubergines into 25 mm dice.
5. Peel the pumpkin or vegetable marrow, remove the seeds then cut the pulp into 15 mm dice.
6. Wash and coarsely chop the tomatoes.
7. Wash the chillies, remove the seeds and stalk then roughly chop. Repeat with the dried chillies. Keep the fresh and dried chillies separate.
8. Peel and shred the onions.
9. Pick and wash the dal. Simmer the dal in 1 litre of salted water for 40 minutes.
10. Put aside and keep hot.
11. Make a masala by grinding the cinnamon, dried chillies, cardamon, cloves, coriander seeds, cumin, peppercorns and 50 ml water to a smooth paste using a pestle and mortar or electric blender.
12. Heat half the oil to a blue haze, add the garlic and ginger and cook for 1 minute.
13. Add the lamb, turmeric and salt and cook for 5 minutes, to lightly colour the lamb.
14. Add the aubergines and pumpkin or marrow and cook, for 5 minutes.
15. Add the masala, tomatoes, fresh chillies and mint and cook for a further 5 minutes.
16. Remove the cubes of meat and put on one side.
17. Add the dal, the cooking liquor and 500 ml water to the vegetables, cover and simmer, for 20 minutes, until the dal and vegetables are soft and almost breaking apart.
18. Mash the mixture to a smooth puree, return the meat to the casserole and simmer for 15 minutes stirring occasionally.
19. Adjust the seasoning.
20. Heat the remaining oil to a blue haze and fry the onions until crisp. Stir the fried onions into the vegetables and meat mixture.
21. Serve in a heated dish garnished with the chopped coriander.

7. LAMB PASANDA (DUMBA PASANDA)

10 PORTIONS

Ingredients

Lamb (boneless)	800 g
Yoghurt	500 ml
Onions	200 g
Oil	125 ml
Ginger	50 g
Garlic	6 cloves
Garam Masala	25 g
Chilli powder	10 g
Paprika	30 g
Cumin powder	15 g
Turmeric	40 g
Coriander powder	40 g
Salt	

Method

1. Cut the lamb into 15 mm dice. Rub the salt into the meat and marinade it in the yoghurt for 24 hours.
2. Peel the onion, garlic and ginger and grind together.
3. Heat the oil to a blue haze, fry the onion paste to a golden brown.
4. Add the remaining spices, stirring frequently.

5. Add the marinated lamb and the yoghurt and cook until the meat is tender.
 8. LAMB WITH YOGHURT, COCONUT MILK AND ALMOND MASALA
- 10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Yoghurt	500 ml
Almonds	75 g
Onions	200 g
Oil	25 ml
Coconut milk	625 ml
Turmeric	10 g
Caraway seed	15 g
Cinnamon stick	10 cm
Cardamon seeds	5 g
Cloves	6
Garlic	4 cloves
Ginger	25 g
Cayenne pepper	5 g
Salt	

Method

1. Cut the lamb into 25 mm dice.
 2. Peel and chop the onions, garlic and ginger.
 3. Mix together in a large bowl the turmeric, yoghurt, caraway seeds and salt. Add the diced lamb, and allow to marinade for 15 minutes.
 4. Soak the almonds in six tablespoons of boiling water for 10 minutes then blend together to a smooth puree.
 5. Heat the oil to a blue haze, add the cinnamon, cardamon seeds and cloves, fry for 1 minute then add the chopped onion, garlic and ginger and continue to fry until the onions are golden brown.
 6. Remove the lamb from the marinade. Add the lamb to the oil and cook to colour evenly on all sides.
 7. Mix in the marinade and a little water, add the almond puree and cayenne pepper and cook for 10 minutes.
 8. Add the coconut milk and simmer for 20 minutes until the lamb is tender. Discard the cinnamon and cloves before service.
9. SPICED LEG OF LAMB (MASALDAR DUMBA KO PHILA)
- 10 PORTIONS

Ingredients

Leg of lamb	2 kg
Pistachio nuts	40 g
Seedless raisins	40 g
Almonds	15 g
Yoghurt	100 ml
Honey	40 ml
Ginger	15 g
Cardamon seeds	pinch
Cinnamon stick	3 cm
Cloves	4
Cumin seeds	5 g
Turmeric	5 g
Cayenne pepper	5 g
Lemon	1
Saffron	3 g
Boiling water	125 ml

Method

1. Peel and chop the garlic and the ginger.

2. Make a masala of the ginger, garlic, cardamon, cinnamon,, cloves, cayenne, cumin, turmeric juice and salt by grinding to a smooth paste.
3. Make between 6 and 12 cuts. 25 mm long and 25 mm deep, in each joint. Rub the masala into the cuts and allow to marinade for 30 minutes.
4. Make a puree of the pistachio nuts, raisins, almonds and yoghurt and coat the lamb. Place the lamb in a casserole.
5. Pour the honey over the lamb and marinade in a refrigerator for 48 hours.
6. Preheat the oven to 180°C.
7. Soak the saffron in a quarter of the boiling water for 15 minutes then pour over the lamb.
8. Add the remaining water, bring to the boil, cover tightly and cook in the oven for 1½ hours. Reduce the heat to 130°C and cook for a further 30 minutes until the lamb is tender.
9. Remove the casserole from the oven, uncover the lamb and allow to stand in the sauce for a short time before serving.

10. MINCED LAMB MEAT BALLS STUFFED WITH ALMONDS IN CURRY SAUCE (HADEE BADAM BHAREKO KOFTA CURRY)
- 10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Almonds	100 g
Onions	100 g
Yoghurt	100 ml
Eggs	2
Black pepper	5 g
Oil	250 ml
Garlic	4 cloves
Ginger	25 g
Coriander powder	10 g
Cumin powder	10 g
Turmeric	10 g
Cayenne pepper	5 g
Garam Masala	10 g
Coriander	25 g

Method

1. Cover the almonds with boiling water and soak for 24 hours.
2. Mince the lamb twice. Peel and finely chop the onions, garlic and ginger.
3. Wash and finely chop the coriander.
4. Mix together the lamb, eggs, black pepper and salt and knead until smooth. Divide the mixture into 25 g pieces and shape into rounds.
5. Place an almond in the centre of each and shape into balls.
6. Heat the oil to a blue haze and deep fry the meat balls until they are golden brown. Remove from the oil.
7. Reheat the oil to a blue haze, add the onions, garlic and ginger and stir to 2 minutes. Add the ground coriander, cumin, turmeric and cayenne and cook for approximately 10 minutes, stirring constantly, until the onions are golden brown.
8. Stir in the yoghurt, add the meat balls, coating them thoroughly. Sprinkle the top with garam masala, cover and simmer for 10 minutes.

9. Remove the pan from the heat, allow to rest for 1 hour without removing the lid.
 10. To serve, reheat thoroughly, transfer to a serving dish and garnish with the chopped coriander.
 11. MINCED LAMB MEAT BALLS STUFFED WITH HARD BOILED EGGS IN CURRY SAUCE (USINEYA KO ANDA LAI KIMA MASU LE BHAREKO CURRY)
- 10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Eggs	12
Coriander	50 g
Besan	50 g
Cumin powder	5 g
Oil	250 ml
Onions	400 g
Ginger	25 g
Garlic	4 cloves
Yoghurt	200
<u>Garam Masala</u>	25 g
Turmeric	10 g
Cayenne pepper	pinch
Tomatoes	200 g
Water	2 ltr
Salt	

Method

1. Hard boil ten eggs.
2. Wash and finely chop coriander.
3. Peel and shred the onions.
4. Peel and finely chop the ginger and the garlic.
5. Cut the tomatoes into concasse.
6. Mince the lamb twice, add the remaining eggs, besan, cumin, salt and half of the coriander. Mix to a smooth paste.
7. Divide the mixture into 10 equal pieces and mould round the hard boiled eggs.
8. Heat the oil to a blue haze, add the onions and fry to a golden brown, remove from the oil and drain.
9. Grind the fried onions, garlic and yoghurt to a smooth puree.
10. Reheat the oil, add the puree, garam masala, turmeric and cayenne and cook for 5 minutes.
11. Add the tomatoes and water and simmer gently. Adjust the seasoning.
12. Deep fry the meat balls until cooked and golden brown then serve them in a heated dish masked with the sauce and garnish with the coriander.

12. MINCED LAMB ON SKEWERS WITH SAS
- 10 PORTIONS

*Ingredients*a. **Minced Lamb on Skewers**

Turmeric	10 g
Boiling water	25 ml
Minced lamb	800 g
Onions	200 g
Coriander	25 g
Besan	60 g
Ground almonds	40 g
Ginger	40 g
Lemon	1
Yoghurt	75 g
Cumin powder	20 g
Coriander powder	20 g
<u>Garam Masala</u>	25 g

Salt	25 g
<u>French salad</u>	
b. Sas	
Turmeric	10 g
Boiling water	25 ml
Pistachio nuts	75 g
Almonds	40 g
Cardamon seeds	5 g
Milk	375 ml
Oil	75 ml
Single cream	375 ml
Salt	375 ml

*Method*a. **Minced Lamb on Skewers**

1. Mix the turmeric and boiling water together.
2. Peel and chop the onions, coriander and ginger.
3. Place half the garam masala on one side then mix the remainder of the ingredients together and knead until the mixture is smooth. Allow the mixture to rest for 30 minutes.
4. Divide the mixture into 25 g portions then form into balls and place on skewers.
5. Cook under a hot grill.
6. Arrange the salad on a serving dish then carefully slide the cooked lamb off the skewers on to the salad. Sprinkle the lamb with the remaining garam masala and serve. The Sas is served in a separate bowl.

b. **Sas**

1. Mix the turmeric and boiling water together.
2. Grind the pistachio nuts, almonds, cardamon seeds and milk to a smooth puree.
3. Heat the oil to a blue haze and add the pureed nuts, salt and half the cream. Bring to the boil, stirring constantly.
4. Add the remaining cream and the dissolved turmeric and continue to boil, stirring constantly, until the sauce thickens sufficiently to coat the back of a spoon.
5. Remove the pan from the heat, cover with a lid and allow to stand for 10 minutes before serving.

MUTTON

13. FRIED MUTTON CURRY (BHUTEKO DUMBA KO MASU)
- 10 PORTIONS

Ingredients

Mutton (lean and boneless)	800 g
Tomatoes	200 g
Onions	200 g
Oil	76 ml
Garlic	4 cloves
Ginger	25 g
Corinader	25 g
<u>Garam Masala</u>	50 g
Salt	

Method

1. Cut the mutton into 15 mm dice.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind together the onion, garlic and ginger to make a paste.
5. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes.
6. Add the mutton and fry for a further 5 minutes.

7. Add the masala, tomatoe and salt, reduce the heat and cook for 30 minutes.
8. Check that the mutton is cooked. Adjust the consistency and seasoning and serve in a heated dish garnished with the chopped coriander.

14. FRIED MUTTON CURRY WITH SAUCE (BHUTEKO DUMBA KO MASU SANGA SAUCE)

10 PORTIONS

Ingredients

Mutton (lean and boneless)	800 g
Yoghurt	250 ml
Oil	100 g
Cayenne pepper	3 g
Ginger	25 g
Black peppercorns	3 g
Turmeric	5 g
Coriander	25 g
<u>Garam Masala</u>	5 g
Ground nutmeg	3 g
Water	259 ml
Salt	

Method

1. Cut the mutton into 25 mm dice and sprinkle with salt and cayenne pepper. Ground the peppercorns. Scrape and finely chop the ginger.
2. Wash and finely chop the coriander.
3. Mix the chopped ginger with the yoghurt and pour over the mutton ensuring it is evenly coated. Marinade in a covered dish in a cool place for 2 hours.
4. Heat the oil to a blue haze, add the mutton, marinade, pepper and turmeric and bring to the boil, stirring constantly. Cover with a lid, reduce to a low heat and cook undisturbed for 1 hour.
5. Sprinkle with the coriander, pour half of the water down the sides of the pan, re-cover and simmer for 15 minutes.
6. Stir in half of the remaining water, re-cover and cook for a further 15 minutes.
7. Add the remaining water and simmer until the mutton is cooked. Adjust the seasoning.
8. Serve sprinkled with nutmeg and garam masala in a heated dish.

15. GOTHALA PIE 10 PORTIONS

Ingredients

Mutton (minced)	800 g
Onions	50 g
<u>Mashed potatoe</u>	1 kg
<u>Curry sauce</u>	500 ml
Oil	25 ml
Breadcrumbs	25 g
Margarine	25 g
Coriander	5 g
Salt	

Method

1. Peel and chop the onions and fry them in the oil to a golden brown.
2. Add the minced meat, salt and chopped coriander.
3. Add the curry sauce and simmer for 30 minutes.

4. Put the mixture into a ;pie dish and cover with the mashed potatoes.
5. Smooth over and coat with breadcrumbs and melted margarine then bake in a hot oven to a golden brown.

PORK

16. FRIED PORK CURRY (BHUTEKO SUNGUR KO MASU)

10 PORTIONS

Ingredients

Pork (lean and boneless)	800 g
Tomatoes	200 g
Onions	200 g
Oil	75 ml
Garlic	4 cloves
Ginger	25 g
Coriander	25 g
<u>Garam Masala</u>	50 g
Salt	

Method

1. Cut the pork into 15 mm dice.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind the onions, garlic and ginger to a paste.
5. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes.
6. Add the pork and fry for a further 5 minutes.
7. Add the masala, tomatoe and salt, reduce the heat and cook for 30 minutes.
8. Check that the pork is cooked. Adjust the consistency and seasoning.
9. Place the curry in a heated serving dish and garnish with chopped coriander.

Note: Placed the curry in a heated serving dish and garnish with chopped coriander.

Note: This curry should be served dry.

17. FRIED PORK CURRY WITH SAUCE (BHUTEKO SUNGUR KO MASU SANGA SAUCE)

10 PORTIONS

Ingredients

Pork (lean and boneless)	800 g
Yoghurt	250 ml
Oil	100 g
Cayenne pepper	3 g
Ginger	25 g
Black peppercorns	3 g
Turmeric	5 g
Coriander	25 g
<u>Gram Masala</u>	5 g
Ground nutmeg	3 g
Water	250 ml
Salt	

Method

1. Cut the pork into 25 mm dice and season with salt and cayenne pepper.
2. Grind the peppercorns. Scrape and finely chop the ginger.
3. Wash and finely chop the coriander.
4. Mix the chopped ginger with the yoghurt, pour over the pork ensuring is evenly coated. Marinade in a covered dish in a cool place for 2 hours.
5. Heat the oil to a blue haze, add the pork, marinade, pepper and turmeric and bring to the boil. Cover with a lid, reduce to a low heat and cook undisturbed for 1 hour.

6. Sprinkle with coriander, pour half of the water down the sides of the pan, re-cover and simmer for 15 minutes.
7. Stir in half of the remaining water, re-cover and cook for a further 15 minutes.
8. Add the remaining water and simmer until the pork is cooked. Adjust the seasoning.
9. Serve sprinkled with nutmeg and garam masala in the heated dish.

18. PORK VINDALOO (SUNGUR VINDALOO) 10 PORTIONS

Ingredients

Pork (lean and boneless)	800 g
Chopped ginger	25 g
Garlic	25 g
Black mustard powder	25 g
Vinegar	60 ml
Black pepper	15 g
<u>Garam Masala</u>	50 g
Chilli powder	pinch
Oil	10 ml
Salt	

Method

1. Cut the pork into 25 mm dice.
2. Mix together, the ginger, mustard, black pepper, garam masala, chilli, salt and vinegar.
3. Heat the oil to a blue haze, reduce the heat and add the mixture and then the pork.
4. Cook for 5 minutes then withdraw from the heat and allow to marinade for 1 hour.
5. Bring to the boil and then simmer until the meat is tender. Serve with plain boiled rice.

UNCLASSIFIED

19. MINCED MEAT WITH PEAS (MATAR ANI KIMA CURRY) 10 PORTIONS

Ingredients

Meat (lean and boneless)	800 g
Onions	400 g
Peas	400 g
Oil	125 ml
Yoghurt	100 ml
Garlic	2 cloves
Turmeric	50 g
Green chillies	50 g
Chilli powder	20 g
Ginger powder	10 g
<u>Garam Masala</u>	20 g
Coriander	25 g
Lemon	1
Salt	

Method

1. Mince the meat and garlic together.
2. Peel and finely slice the onions.
3. Wash the green chillies, remove the stalks and seeds then shred the flesh.
4. Wash and roughly chop the coriander.
5. Heat the oil to a blue haze, add the onions and cook to a golden brown. Lower the heat and add the meat, garlic, turmeric, ginger, chilli powder, salt and cook for 5 minutes.
6. Add the yoghurt and mix thoroughly, cover and simmer until the meat is cooked add the peas and continue to cook until they are tender.
7. Serve in a heated dish garnished with green chillies, coriander, lemon juice and garam masala.

PART 4 - GURKHA COOKERY

CHAPTER FORTY TWO

POULTRY DISHES

CHICKEN

1. Chicken cardamon	5. Fried chicken with sauce
2. Chicken cutlet Gurkha style	6. Chicken korma
3. Chicken dopiaza	7. Chicken with shallots and onions
4. Fried curried chicken	8. Chicken tandoori
	9. Chicken vindaloo

CHICKEN**1. CHICKEN CARDAMON (KUKHRA ALAINCHI SANGA)****8 PORTIONS***Ingredients*

Chicken	1x1.2kg
Onions	200 g
Yoghurt	250 ml
Oil	125 ml
Cardamon seeds	5 g
Ginger	25 g
Garlic	4 cloves
Fennel seeds	5 g
Cayenne pepper	3 g
Turmeric	5 g
Cinnamon stick	7 cm
Cloves	2

Method

1. Peel and chop the onions, garlic and ginger.
2. Make a masala from the yoghurt, cardamon, ginger, garlic, fennel and cayenne by grinding them to a smooth paste.
3. Rub salt into the chicken, place into a baking dish, cover with the masala and marinade for 1 hour.
4. Heat the oil to a blue haze, add the cinnamon and cloves and the onions and cook until they are golden brown.
5. Add the chicken, masala and turmeric and lightly colour the chicken. When the oil rises to the surface add 350 ml of cold water and bring to the boil.
6. Cover and simmer over a low heat until the chicken is tender.
7. Remove from the heat, adjust the seasoning of the sauce and allow the chicken to stand in the sauce for 15 minutes.
8. Cut each chicken into 8 pieces, place in a heated serving dish, pour the sauce over and serve.

2. CHICKEN CUTLET GURKHA STYLE (KUKHRA KO CUTLET)**8 PORTIONS***Ingredients*

Chicken	1x1.2 kg
Onions	100 g
Ginger	50 g
Turmeric	10 g
Cinnamon powder	5 g
Garam flour (besan)	10 g
Green chilli	3
Flour 50 g	
Eggs 2	
Breadcrumbs	125 g
Tomatoes	100 g
Cucumber	1
Salt	

Method

1. Peel the onions and the ginger and the chicken and boil in salted water. When it is cooked, remove it from the liquid and allow it to cool.
2. Remove the bones from the chicken and put the meat through a mincer with the onions and ginger.
3. Mix the chicken mixture with the cinnamon, garam flour, turmeric and chopped chilli.
4. Add salt to the mixture and divide into 8 parts.
5. Mould into medallion shapes 5 mm thick.
6. Pass through flour, egg wash and breadcrumbs.
7. Heat the oil in a frying pan and fry the cutlets on both sides to a golden brown.
8. Garnish with sliced tomatoe and cucumber. Serve with salad or chutney.

3. CHICKEN DOPIAZA (KUKHRA DOPIYAJA) 8 PORTIONS*Ingredients*

Chicken	1x1.2 kg
Onions	300 g
Green chillies	4
Garlic	4 cloves
Ginger	50 g
Turmeric	10 g
<u>Garam Masala</u>	75 g
Oil 150 ml	
Tomatoes	150 g
Water	125 ml
Salt	

Method

1. Cut the chicken into 8 pieces.
2. Peel and chop the tomatoes.
3. Peel the onions, slice half and roughly chop the remainder.
4. Grind the roughly chopped onions, chillies, garlic and ginger. Blend to a puree and mix with the garam masala.
5. Heat the oil and fry the sliced onions, until they are golden brown. Remove from the pan and allow to drain. Add the blended mixture to the oil remaining in the pan and fry, stirring until the colour darkens and oil appears around the edges.
6. Add the tomatoes and cook until the liquid has evaporated.
7. Add the turmeric, chicken, water and salt, stirring constantly. Cover and cook for 30 minutes or until the chicken is tender.
8. Add the fried onions, cover and simmer for 5 minutes. Serve with rice or chapatis.

4. FRIED CURRIED CHICKEN (BHUTEKO KUKHRA KO MASU)*Ingredients*

Chicken	2x1.1 kg
Onions	200 g
Tomatoes	200 g
Oil 75 ml	
Garlic	4 cloves
Ginger	25 g
<u>Garam Masala</u>	50 g
Coriander	25 g
Salt	

Method

1. Cut the chickens as for saute.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind the onions, garlic and ginger to a paste.
5. Sprinkle the chicken with garam masala.
6. Heat the oil to a blue haze, add the chicken and fry to a golden brown. Remove the chicken from the oil and keep warm.
7. Reheat the oil to a blue haze, add the onion, garlic and ginger paste fry for 5 minutes then add the tomatoes and salt and fry for a further 4 minutes.
8. Add the chicken and cook over a low heat until the chicken is tender and the liquid has boiled away.
9. Serve in a heated dish, garnished with chopped coriander.

5. FRIED CHICKEN WITH SAUCE (BHUTEKO
KUKHRA KO MASU SAUCE SANGA)
10 PORTIONS

Ingredients

Chicken legs	10
Onions	75 g
Tomatoes	400 g
Oil	125 ml
Yoghurt	125 ml
Garlic	4 cloves
Ginger	25 g
Cumin powder	10 g
Turmeric	10 g
Coriander powder	10 g
Cayenne pepper	10 g
<u>Garam Masala</u>	20 g
Fennel powder	pinch
Lemon	1
Coriander (fresh)	25 g
Water	125 ml
Salt	

Method

1. Peel and finely chop the onions, garlic and ginger.
2. Wash and finely chop the fresh coriander.
3. Cut the tomatoes into concasse.
4. Dry the chicken legs and sprinkle with salt.
5. Heat the oil to a blue haze, and fry the chicken legs to a golden brown. Remove them from the oil and keep warm.
6. Reheat the oil to a blue haze, add the onions, garlic and ginger and fry until the onions are soft and golden brown.
7. Reduce the heat, add the cumin, turmeric, coriander powder, cayenne pepper, fennel and a dash of water, then cook for 2 minutes. Stir in the tomatoes, yoghurt and half the chopped coriander.
8. Increase the heat, add the chicken legs and remainder water and bring to the boil. Sprinkle with the garam masala, cover and simmer for 20 minutes. Adjust the seasoning.
9. Serve in a heated dish sprinkled with lemon juice and the remaining chopped coriander.

6. CHICKEN KORMA (KUKHRA KORMA)
8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Onions	300 g
Yoghurt	125 ml
Oil	125 ml
Garlic	2 cloves
Ginger powder	10 g
Cumin powder	5 g
Cardamons	2
Chilli powder	10 g
Salt	10 g

Method

1. Cut the chicken into 8 pieces.
2. Peel and shred the onions. Grind the cardamons.
3. Peel the garlic and ginger and grind to a smooth paste.
4. Heat the oil to a blue haze, add the onions and cook to a golden brown. Remove the onions from the oil and drain.
5. Add the garlic paste and 20 ml of water to the oil and fry for 2 minutes.

6. Add the chicken, chilli, yoghurt, onions and salt and mix thoroughly. Cover and simmer until the chicken is almost cooked.
7. Add the cumin and cardamon and cook for a further 5 minutes then serve in a heated dish.

7. CHICKEN WITH SHALLOTS AND ONIONS
(SHALLOTS ANI PIYAJ SANGA KUKHRA)
8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Onions	200 g
Shallots	100 g
Yoghurt	250 ml
Oil	125 ml
Garlic	4 cloves
Ginger	25 g
Turmeric	20 g
Cardamon	5 g
Fennel seeds	5 g
Cumin powder	10 g
Black pepper	10 g
Cinnamon stick	5 cm
Coriander powder	25 g
Lemon	1
Salt	

Method

1. Toast the cardamon and fennel seeds for 3 minutes then grind them with a pestle and mortar.
2. Cut the chicken into 8 pieces, sprinkle with salt and allow to rest in a refrigerator for 1 hour.
3. Peel and chop the onions and shred the remainder. Peel and shred the shallots.
4. Finely chop the garlic and ginger.
5. Heat half the oil to a blue haze, add the shredded onions and cook for 3 minutes. Add the shallots and cook for a further 5 minutes until both onions and shallots are golden brown. Remove from the pan and allow to drain.
6. Add the remaining oil, heat to a blue haze, add the chicken and cook to a golden brown. Remove from the oil and drain.
7. Add the chopped onions, garlic, ginger, cumin, coriander, salt and half the turmeric and cook, stirring frequently until the onions are soft and transparent.
8. Add the chicken and coat evenly with the mixture. Stir in the cardamon, fennel, black pepper and cinnamon stick.
9. Add the remaining turmeric to a little water, pour over the chicken together with the yoghurt and then mix thoroughly.
10. Scatter the shredded shallots and onions over the surface, cover and simmer for 30 minutes.
11. Adjust the seasoning and sprinkle with lemon juice for service.

6. CHICKEN TANDOORI (TANDOORI
KUKHRA)

8 PORTIONS

Ingredients

Chicken	1x1.2kg
Onions	150 g
Yoghurt	125 ml
Garlic	4 cloves
Ginger	25 g
Coriander powder	10 g
Cumin powder	10 g
Chilli powder	5 g
Vinegar	25 ml
Worcester sauce	25 ml
<u>Garam Masala</u>	25 g
Butter	25 g
Lemons	2
Salt	

Method

1. Clean the chicken then make 4 cuts on each side of the bird.
2. Peel and grind the onions, garlic and ginger to a paste then add the coriander, cumin, chilli and salt.
3. Put the yoghurt in a bowl, add the paste, vinegar, worcester sauce, garam masala and lemon juice and mix thoroughly.
4. Brush the mixture onto the chicken and allow to marinade for 5 hours.
5. Preheat the oven to 190°C and roast the chicken, basting with butter until tender.
6. Cut the cooked chicken into 8 pieces and arrange on a heated serving dish.

Ingredients

Chicken	1x1.2 kg
Chopped ginger	25 g
Garlic	25 g
Black mustard powder	25 g
Vinegar	50 ml
Black pepper	5 g
<u>Garam Masala</u>	50 g
Chilli powder	5 g
Oil	125 ml
Salt	

Method

1. Cut the chicken into 8 pieces.
2. Mix together in a bowl, the ginger, mustard, black pepper, garam masala, chilli powder. Add the vinegar gradually to adjust the flavour and to obtain the sour taste.
3. Heat the oil to a blue haze, reduce the heat and add the mixture. Stir briefly, then add the chicken.
4. Add the salt, coat the chicken with sauce and allow to stand for 1 hour or longer to marinade then reboil and simmer until tender. Serve with plain rice.

9. CHICKEN VINDALOO (KUKHRA
VINDALOO)
8 PORTIONS

PART 4 - GURKHA COOKERY

CHAPTER FORTY THREE

FISH DISHES

FISH	SHELLFISH
1. Curried fish with fish stock	4. Prawn curry
2. Curried fish with sauce	
3. Fried curried fish	

FISH

1. CURRIED FISH WITH FISH STOCK (MACHHA KO TARKARI MACHHAKO STOCK SANGA) 10 PORTIONS

Ingredients

Fish (headed and gutted)	1 kg
Onions	75 g
Tomatoes	100 g
Garlic	4 cloves
Oil	125 ml
Turmeric	10 g
Cinnamon powder	10 g
Clove powder	10 g
Fresh Masala	25 g
Ginger powder	10 g
Fish stock	500 ml
Coriander	25 g

Method

1. Cut the fish into 100 g steaks and wash.
2. Peel and finely chop the onions and chop the coriander.
3. Peel and grind the garlic and ginger to a smooth paste.
4. Cut the tomatoes into concasse.
5. Heat the oil to a blue haze. Deep fry the fish until brown and firm on the outside. Remove from the oil and allow to drain.
6. Reheat the oil to a blue haze, add the onion, garlic and ginger paste and fry until the onions are soft and golden brown.
7. Add the cloves, cinnamon, turmeric, cardamon and salt and cook for 2 minutes then add tomatoes and masala and cook for a further 5 minutes.
8. Add half the stock and the fish and cook for 5 minutes. Adjust the seasoning and consistency adding more stock if necessary.
9. Arrange the fish on a heated serving dish, pour the sauce over and garnish with chopped coriander.

2. CURRIED FISH WITH SAUCE (MACHHA KO TARKARI SAUCE SANGE) 10 PORTIONS

Ingredients

Fish (headed and gutted)	1 kg
Onions	200 g
Green chilli	1
Mustard powder	20 g
Tamarind pulp	5 g

Oil	125 ml
Sugar	5 g
<u>Fresh Masala</u>	20 g
Salt	

Method

1. Cut the fish into 100 g steaks.
2. Peel and finely chop the onions and chop the green chilli.
3. Soak the tamarind in 125 ml of hot water for 15 minutes then squeeze to extract the juice. Mix the sugar with the tamarind juice.
4. Heat the oil to a blue haze, add the onions and fry to a golden brown.
5. Add the fresh masala and fry over a low heat for 10 minutes. Add the mustard powder.
6. Add the tamarind juice, salt and fish, cover and simmer until the fish is cooked and the sauce has thickened.
7. Arrange the fish on a heated serving dish, pour the sauce over and serve.

3. FRIED CURRIED FISH (BHUTEKO MACHHA KO TARKARI) 10 PORTIONS

Ingredients

Fish (headed and gutted)	1 kg
Onions	200 g
Tomatoes	200 g
Oil 125 ml	
Garlic	2 cloves
Ginger powder	10 g
<u>Fresh Masala</u>	25 g
Coriander	25 g
Salt	

Method

1. Cut the tomatoes into concasse. Wash and finely chop the coriander.
2. Peel and grind the onions, garlic and ginger to a smooth paste.
3. Cut the fish into 100 g steaks, sprinkle with masala.
4. Heat the oil to a blue haze and fry the fish steaks to a golden brown. Remove the fish from the oil and keep warm.
5. Reheat the oil to a blue haze, add the onion paste, fry for 4 minutes, add the tomatoes and salt and fry for a further 5 minutes.
6. Return the fish to the pan and cook over a low heat until the fish is cooked and the liquid has boiled away.
7. Place the fish steaks on a heated serving dish, garnish with chopped coriander and serve.

SHELLFISH

4. PRAWN CURRY (JHINGE MACHHA KO TARKARI) 10 PORTIONS

Ingredients

Prawns (peeled)	800 g
Onions	100 g
Coconut milk	625 ml
White vinegar	50 ml
Ginger	25 g
Garlic	4 cloves
Oil 125 ml	

Turmeric	20 g
Cumin powder	10 g
Cayenne pepper	5 g
Black pepper	5 g
Coriander	25 g
Coriander powder	10 g
Salt	

Method

1. Peel and finely chop the onions, ginger and garlic.
2. Finely chop the coriander.
3. Wash and clean the prawns then place them in a bowl with vinegar and salt and marinade for 30 minutes in a refrigerator. Drain the prawns and reserve the marinade.
4. Heat half the oil to a blue haze, add the prawns, cover and cook for approximately 1 minute until the prawns are pink and firm. Remove the prawns from the oil, drain and return to the marinade.
5. Add the remaining oil, heat to a blue haze, add the garlic, ginger and onions and fry until the onions are golden brown.
6. Add the turmeric, cumin, cayenne, black pepper and coriander powder, fry for 1 minute.
7. Remove the prawns from the marinade, add the marinade to the pan and boil.
8. Add the prawns, then the coconut milk and bring to the boil stirring frequently.
9. Reduce the heat, sprinkle with half the chopped coriander, cover and simmer for 3 minutes. Adjust the seasoning.
10. Serve in a heated dish garnished with the remainder coriander.

28. SACHER TORTE
12 PORTIONS

Ingredients

Butter	185 g
Caster sugar	185 g
Chocolate couverture	225 g
Cornflour	110 g
Chopped roasted hazelnuts	75 g
Eggs	9
Cocoa powder	35 g

Method

1. Separate the egg yolks from the whites, melt the chocolate couverture.
2. Cream together the butter and 100 g of the sugar. Beat in 2 egg yolks.
3. Mix the remaining egg yolks with the melted chocolate couverture then fold together with the butter mix and the cornflour, hazelnuts and cocoa powder.
4. Whisk the egg whites to a stiff peak fold in the remaining sugar.
5. Add one third of the egg whites to the mix and stir them in. Fold in the remaining egg whites.
6. Put into greased and floured torte rings or sandwich tins.
7. Bake in an oven at 230°C for 40 minutes.
8. When cooked turn out onto a pastry wire to cool.

PART 4 - GURKHA COOKERY

CHAPTER FORTY FOUR

Egg Dishes

BOILED

1. Egg curry (1)
2. Egg curry (2)

OMELETTE

3. Omelette with curry sauce

SCRAMBLED

4. Scrambled eggs
Gurkha style (1)
5. Scrambled eggs
Gurkha style (2)

BOILED**1. EGG CURRY (1) (ANDA KO TARKARI)**
10 PORTIONS*Ingredients*

Eggs	20
Onions	400 g
Tomatoes	400 g
Garlic	4 cloves
Ginger	20 g
Oil	125 ml
Chilli powder	20 g
<u>Garam Masala</u>	20 g
Turmeric	20 g
Cumin	20 g
Paprika	20 g
Coriander	25 g
Salt	25 g

Method

1. Hard boil the eggs. Refresh them and remove the shells.
2. Peel and shred the onions and grind the remainder to a smooth paste.
3. Cut the tomatoes into concasse.
4. Finely chop the coriander.
5. Heat the oil to a blue haze, add the shredded onions and fry to a golden brown.
6. Reduce the heat, add the onion paste, ginger, chilli, garam masala, turmeric, cumin seed, paprika, coriander and salt and fry for 5 minutes.
7. Add the tomatoes, cover and simmer until the sauce thickens.
8. Add the eggs and simmer in the sauce for 5 minutes.

2. EGG CURRY (2) (ANDA KO TARKARI)
10 PORTIONS*Ingredients*

Eggs	20
Onions	400 g
Tomatoes	200 g
Garlic	4 cloves
Ginger powder	10 g
Oil	75 g
Chilli powder	10 g
<u>Garam Masala</u>	20 g
Salt	20 g

Method

1. Hard boil the eggs. Refresh them and remove shells.
2. Peel and shred the onions and peel and chop the garlic.
3. Cut the tomatoes into concasse.
4. Heat the oil, add the onions and cook without colouring until soft.
5. Add the garlic and ginger, fry for 3 minutes then add the tomatoes, chilli powder, garam masala and salt and fry for a further 2 minutes.
6. Add 500 ml of hot water and simmer until sauce thickens.
7. Add the eggs and simmer in the sauce for 5 minutes.

OMELETTE**3. OMELETTE WITH CURRY SAUCE (OMLET TARKARI)****10 PORTIONS***Ingredients*

Eggs	20
Onions	75 g
Tomatoes	75 g
Ginger	25 g
Garlic	4 cloves
Chillies	2
Oil	75 g
<u>Garam Masala</u>	20 g
Butter	125 g
<u>Chicken stock</u>	250 ml
Coriander	25 g
Salt	
Pepper	

Method

1. Peel and grind the onion, ginger and garlic to a smooth paste.
2. Cut the tomatoes into concasse.
3. Shred the chillies.
4. Finely chop the coriander.
5. Heat the oil to a blue haze, add the onion paste and fry for 3 minutes. Add the masala, cook for one minute then add the tomatoes and chillies and cook for a further 5 minutes.
6. Add the stock and salt and cook until the sauce is thick enough to coat the back of a spoon. Place on one side to keep hot.
7. Break the eggs into a bowl, add a pinch of salt and pepper and beat with a table fork.
8. Heat 15 g of butter in an omelette pan until it ceases to bubble.
9. Pour in a portion of the beaten eggs, stir with a fork and agitate the pan at the same time until the egg becomes creamy in consistency.
10. Allow the eggs to set for a few moments. Fold over with a fork and shape.
11. Turn out onto a heated serving dish or plate, mask with the sauce, sprinkle with coriander and serve immediately.

Note: Omelettes should be cooked to order and not left to stand.

SCRAMBLED**4. SCRAMBLED EGGS GURKHA STYLE (1)**
(SCRAMBLED ANDA)
10 PORTIONS*Ingredients*

Eggs	15
Onions	400 g
Chillies	4
Coriander	25 g
Butter	100 g
Salt	

Method

1. Peel and shred the onions.
2. Finely chop the chillies and coriander.
3. Break the eggs into a large bowl, beat well, then mix in the chillies, coriander and salt.
4. Heat the butter in a large frying pan, add the onions and fry to a golden brown.
5. Add the egg mixture and stir continuously with a wooden spoon until the eggs are cooked.

Note: Scrambled eggs, when cooked, should be set but slightly moist.

5. SCRAMBLED EGGS GURKHA STYLE (2)
(SCRAMBLED ANDA)
10 PORTIONS

Ingredients

Eggs	15
Onions	200 g
Tomatoes	200 g
Green chillies	4
Mustard leaves	25 g
Ginger	25 g
<u>Garam Masala</u>	20 g
Oil	100 ml
Salt	

Method

1. Peel and shred the onions. Shred the chillies and mustard leaves.
2. Finely chop the ginger.
3. Cut the tomatoes into concasse.
4. Break the eggs into a large bowl, beat well then add the mustard leaves and salt and mix thoroughly.
5. Heat the oil in a large frying pan, add the onions, chillies and ginger and fry for 2 minutes. Add the tomatoes and garam masala and fry for a further minute.
6. Add the egg mixture and stir continuously with a wooden spoon until the eggs are cooked.

Note: Scrambled eggs when cooked should be set but slightly moist.

PART 4 - GURKHA COOKERY

CHAPTER FORTY FIVE

Potato and Vegetable Dishes

CURRIED

1. Curried aubergines
2. Cauliflower curry
3. Curried potatoes and cauliflower
4. Curried potatoes and leafy
5. Curried potatoes and peas
6. Curried canned vegetables

SPICED

7. Spiced mixed vegetables with coconut
8. Spiced potatoes

UNCLASSIFIED

9. Aubergines baked with curried vegetable stuffing
10. French beans fried with coconut

CURRIED

1. CURRIED AUBERGINES (BHAIGUN KO TARKARI)
10 PORTIONS*Ingredients*

Aubergines	1.2 kg
Onions	100 g
Tomatoes	300 g
Garlic	4 cloves
Ginger	25 g
Oil	125 ml
Coriander powder	20 g
Cumin powder	20 g
Turmeric	15 g
Cayenne pepper	5 g
<u>Garam Masala</u>	15 g
Coriander	25 g
Lemon	1
Salt	

Method

1. Peel and chop the onions, garlic and ginger.
2. Finely chop the coriander.
3. Cut the tomatoes into concasse.
4. Preheat the oven to 230°C.
5. Wash and dry the aubergines then make 15 mm deep and 25 mm long evenly spaced cuts in the skin.
6. Bake the aubergines in an oven for one hour until they are tender.
7. Cut into quarters lengthways, scrape out the flesh and discard the skin. Roughly chop the flesh.
8. Mix the aubergine, tomatoes, coriander powder, cumin, turmeric, cayenne and half the fresh coriander together.
9. Heat the oil to a blue haze, add the onions, garlic and ginger and fry until the onions are soft but not coloured.
10. Add the aubergine mixture and stir until most of the liquid has evaporated. Add the garam masala and salt.
11. Serve in a heated dish, garnished with the remaining coriander and lemon juice.

2. CAULIFLOWER CURRY (PHULKOPI KO TARKARI)
10 PORTIONS*Ingredients*

Cauliflower	1 kg
Onions	75 g
Garlic	2 cloves
Ginger powder	10 g
Oil	125 ml
Turmeric	10 g
Chilli powder	20 g
Cumin powder	20 g
Coriander	20 g
Water	25 ml
Salt	

Method

1. Peel and chop the onions and garlic.
2. Cut the cauliflower into florets.
3. Heat the oil to a blue haze, add the onions, garlic and ginger and cook until the onions are golden brown.
4. Add the turmeric, cumin, coriander, chilli and salt and a little water, stir well and cook for 5 minutes.
5. Add the cauliflower and cook for 10 minutes until the cauliflower is tender.
6. Put into a heated dish and serve immediately.

3. CURRIED POTATOES AND CAULIFLOWER (ALU ANI PHULKOPI KO TARKARI)
10 PORTIONS*Ingredients*

Potatoes	600 g
Cauliflower	800 g
Ginger	25 g
Oil	125 ml
Cumin seed	10 g
Turmeric	20 g
Chilli powder	20 g
Black pepper	10 g
Salt	

Method

1. Peel the potatoes and cut into 15 mm dice.
2. Cut the cauliflower into medium sized florets.
3. Scrape and finely chop the ginger.
4. Heat the oil to a blue haze, add the potatoes, cumin, ginger, turmeric, chilli and salt and fry for 2 minutes.
5. Add the cauliflower and fry for 5 minutes. Cover and cook on a low heat until tender.
6. Serve in a heated dish sprinkled with black pepper.

4. CURRIED POTATOES AND LEAFY VEGETABLES (ALU ANI HARIYO SAG KO TARKARI)
10 PORTIONS*Ingredients*

Pak Choi/Choi Sum/Spinach	800 g
Potatoes	600 g
Onions	200 g
Garlic	4 cloves
Ginger	25 g
Oil	75 ml
Chillies	3
Cumin seed	20 g
Salt	

Method

1. Peel the potatoes and cut into 15mm dice.
2. Wash and shred the vegetables.
3. Peel and shred the onions.
4. Peel the garlic and grind with the ginger and chillies to a paste.
5. Heat the oil to a blue haze, add the potatoes and fry for 2 minutes. Remove from the oil and drain.
6. Reheat the oil to a blue haze, add the onions and cook until soft. Add the garlic, ginger and chilli paste and cook for one minute.
7. Add the cumin, potatoes and salt and cook for 5 minutes. Add the vegetables and cook until tender.
8. Serve in a heated dish.

Note: Choi and Choy Sum are varieties of oriental cabbage. Pak Choi has broad white stalks topped with dark green leaves. It can be either braised, steamed or stir fried. Choy Sum has smooth dark green leaves and firm white stems. It can be steamed or shredded and stir fried.

5. CURRIED POTATOES AND PEAS (ALU ANI MATAR KO TARKARI)
10 PORTIONS*Ingredients*

Potatoes	600 g
Frozen peas	600 g
Tomatoes	200 g
Onions	100 g
Ginger	25 g
Garlic	4 cloves
Oil	75 ml
Cumin powder	20 g
Turmeric	10 g
Cayenne pepper	5 g
<u>Garam Masala</u>	10 g
Coriander	25 g
Water	500 ml
Salt	

Method

1. Peel and chop the onions, garlic and ginger.
2. Cut the tomatoes into concasse.
3. Finely chop the coriander.
4. Peel the potatoes and cut them into 15 mm dice.
5. Heat the oil to a blue haze, add the onions, garlic, ginger and salt and fry until the onions are golden brown.
6. Add the cumin, turmeric and cayenne, stir in the tomatoes and half the coriander and cook until most of the liquid has evaporated.
7. Add the potatoes and peas, stir in 375 ml of water and bring to the boil.
8. Reduce the heat, cover and simmer until the potatoes are cooked.
9. Adjust the seasoning, put into a heated serving dish, sprinkle with the remaining coriander and garam masala and serve.

6. CURRIED CANNED VEGETABLES (TIN KO SABJI KO TARKARI)

Ingredients

Vegetables canned (drained)	1 kg
Onions	75 g
Garlic	4 cloves
Ginger	25 g
Oil	75 ml
Chillies	3
Turmeric	5 g
Cumin seed	10 g
Coriander seed	10 g
Water	25 ml
Salt	

Method

1. Peel and chop the onions, garlic and ginger.
2. Shred the chillies.
3. Mix the turmeric with 25 ml water.
4. Heat the oil to a blue haze, add the onions, garlic and ginger and fry until the onions are golden brown.
5. Add the chillies, cumin seed, coriander and the turmeric.
6. Add the vegetables and salt and stir until the vegetables are heated through.
7. Serve in a heated dish.

SPICED7. SPICED MIXED VEGETABLES WITH COCONUT
10 PORTIONS*Ingredients*

Green peppers	200 g
Carrots	200 g
Broccoli	200 g

French beans	200 g
Spring onions	100 g
Chillies	2
Coconut	500 g
Onions	125 g
Garlic	4 cloves
Ginger	25 g
Oil	75 ml
Mustard seed	5 g
Coriander powder	25 g
Turmeric	10 g
Coriander	25 g
Water	500 ml

Method

1. Grind the coconut flesh with 375 ml water to a puree. Place on one side.
2. Peel and finely chop the onions, garlic and ginger.
3. Remove the seeds and membranes from the peppers then chop the flesh.
4. Peel the carrots and cut them across into 5 mm slices.
5. Wash the broccoli then cut into 25 mm lengths.
6. Cut the green beans and spring onions into 5 cm lengths.
7. Remove the seeds from the chillies and shred the flesh.
8. Finely chop the coriander.
9. Heat the oil to a light haze, add the onions, garlic, ginger and mustard seeds and fry until the onions are golden brown.
10. Stir in the coriander powder, turmeric and 75 ml water.
11. Add the green peppers, carrots, broccoli, beans and spring onions.
12. Stir in the coconut puree, chillies and salt, bring to the boil, cover then reduce the heat and simmer for 15 minutes until the vegetables are tender. If the mixture is too dry add a little water.
13. Remove from the heat, stir in the chopped coriander, recover and allow to stand for 5 minutes.
14. Adjust the seasoning and serve in a heated dish.

8. SPICED POTATOES (ALUDAM)
10 PORTIONS*Ingredients*

Potato	600 g
Wild onion seeds	3 g
Turmeric	10 g
Chilli powder	25 g
Tomato puree	25 g
Coriander	25 g
Oil	125 ml
Water	125 ml
Salt	

Method

1. Boil the potatoes in their jackets then peel and cut them into bite sized pieces.
2. Mix the turmeric, chilli powder and tomato puree with 75 ml of water.
3. Heat the oil to a blue haze, add the wild onion seeds, then add the mixture and salt. Cook for 2 minutes. Add 125 ml of water and cook for another 3 minutes.
4. Add the potatoes, stirring carefully until they are fully heated through.
5. Garnish with chopped coriander and serve in a heated dish.

UNCLASSIFIED9. AUBERGINES BAKED WITH CURRIED
VEGETABLE STUFFING (BAKE GAREKO
BHAIGUN)
10 PORTIONS*Ingredients*

Aubergines	10
French beans	100 g

Frozen peas	400 g
Carrots	200 g
Potatoes	200 g
Tomatoes	100 g
Onions	50 g
Garlic	2 cloves
Ginger	25 g
Oil	75 ml
Besan	75 g
Coriander powder	10 g
Garam Masala	20 g
Cumin powder	10 g
Cayenne pepper	3 g
Mint	25 g
Coriander	25 g
Water	115 ml
Salt	

Method

1. Peel and chop the onions, garlic and ginger.
2. Wash and trim the green beans and cut into 25 mm pieces.
3. Peel and chop the carrots and potatoes.
4. Cut the tomato into concasse.
5. Chop the coriander and mint.
6. Wash the aubergines, wipe dry, then cut into half lengthways. Scoop out the flesh from each half leaving the shells about 15 mm thick, sprinkle the shells with salt, turn upside down and allow to drain for 30 minutes. Chop the aubergine flesh.
7. Heat 25 ml oil to a blue haze, add the onions, garlic and ginger and cook for one minute.
8. Stir in the coriander powder, garam masala, and salt then add the aubergine flesh and cook for 5 minutes stirring frequently.
9. Add the beans, peas, carrots, potatoes and tomatoes, reduce the heat, cover and simmer for a further 5 minutes.
10. Remove from the heat and mix in the coriander and mint.
11. Dry the hollowed aubergines then fill with the vegetable mixture.
12. Make a smooth batter with the besan, cumin, cayenne pepper and salt and 115 ml water. Spread the batter evenly over the top of the stuffed aubergines.
13. Heat 25 g oil to a blue haze, then fry the aubergines, batter side down, for one minute.
14. Oil sufficient baking dishes to hold the aubergines halves in a single layer and arrange them fried side uppermost. Bake in an oven at 190°C for 25 minutes.
15. Transfer to a heated serving dish and serve immediately.

Cayenne pepper	25 g
Coriander	25 g
Lemons	2
Salt	

Method

1. Peel and finely chop the onions and ginger.
2. Trim and slice the beans.
3. Finely chop the coriander.
4. Grate the coconut.
5. Heat the oil to a blue haze, add the mustard seeds and dal and fry for 3 minutes.
6. Stir in the onions, ginger, cayenne pepper and salt and then add the green beans.
7. Add the black pepper and fry for 5 minutes, stirring frequently.
8. Add the coconut and coriander, reduce the heat, cover and cook for 10 minutes, stirring occasionally until the beans are tender. Adjust the seasoning.
9. Put into a heated dish and sprinkle with lemon juice for service.

10. FRENCH BEANS FRIED WITH COCONUT (SIMO KO TARKARI NARIWAL SANGA)

10 PORTIONS

Ingredients

French beans	1 kg
Coconut	70 g
Urd Dal	70 g
Onions	125 g
Ginger	25 g
Oil	125 ml
Black mustard seeds	20 g
Black pepper	10 g

PART 4 - GURKHA COOKERY

CHAPTER FORTY SIX

Chutneys

CHUTNEY

1. Cheese chutney
2. Cucumber chutney
3. Mango chutney
4. Mint chutney (1)
5. Mint chutney (2)
6. Mixed chutney
7. Onion and tomato chutney
8. Radish chutney
9. Sardine/Herring chutney
10. Till seed chutney
11. Tomato chutney
12. Tomato cooked
13. Tomato, onion and ginger chutney

RAYATA

14. Cabbage rayata
15. Carrot rayata
16. Cucumber rayata
17. Potato rayata
18. Tomato and spring onion rayata

CHUTNEY

1. CHEESE CHUTNEY (CHEESE KO ACHAR)
10 PORTIONS*Ingredients*

Cheddar cheese	250 g
Tomatoes	125 g
Onions	200 g
Sesame seeds	75 g
Oil	125 ml
Green chilli	1
Red chillies	2
Ginger	15 g
Turmeric	5 g
Onion leaves	10 g
Coriander	10 g
Salt	

Method

1. Grate the cheese. Skin the tomatoes and cut into concasse.
2. Peel and shred the onions, ginger and the green and red chillies.
3. Finely chop the coriander and onion leaves.
4. Dry fry the sesame seeds then grind them to a fine powder.
5. Heat the oil to a blue haze, add the onions and ginger and cook until the onions are golden brown.
6. Add the cheese, tomatoes, sesame seeds, chillies, salt and turmeric and fry for 5 minutes.
7. Add the coriander and onion leaves, mix thoroughly and serve immediately in a heated dish.

2. CUCUMBER CHUTNEY (KAN KRO KO ACHAR)
10 PORTIONS*Ingredients*

Tomatoes	400g
Onions	100 g
Jaggery	160 g
Ginger	25 g
Garlic	4 cloves
Chillies	1
Malt vinegar	200 ml
Mustard seeds	15 g
Mustard oil	75 g
Cinnamon sticks	3 cm
Cloves	8
Coriander	25 g
Salt	

Method

1. Concasse the tomatoes.
2. Peel and finely chop the onions.
3. Finely chop the ginger, garlic, chillies and coriander.
4. Put the tomatoes, onions, cinnamon, vinegar and salt into a heavy saucepan and bring to the boil.
5. Stir in the jaggery then add the ginger, garlic, cloves, chillies and coriander and cook for 5 minutes stirring frequently.
6. Heat the mustard oil to a blue haze, add the mustard seeds and fry for 3 minutes.
7. Add the mustard oil and seeds to the tomato mixture and boil for 10 minutes, stirring frequently, until the chutney begins to thicken.
8. Allow to cool then serve or bottle and use as required.

3. MANGO CHUTNEY (AMP KO ACHAR)
10 PORTIONS*Ingredients*

Mangoes (firm and under ripe)	400 g
Red chillies	4
Methi (Fenugreek)	10 g
Cumin seed	15 g
Garlic	4 cloves
Ginger	10 g
Mustard oil	25 ml
Turmeric	10 g
Water	50 ml
Salt	

Method

1. Remove the stones from the mangoes and cut the flesh and skin into thin slices.
2. Shred the chillies.
3. Finely chop the garlic and ginger.
4. Dissolve the turmeric in 50 ml of water.
5. Heat the mustard oil to a blue haze, add the methi and cumin seed and fry for 5 minutes.
6. Add the chillies, cook for 2 minutes then add the garlic and ginger and cook for a further 2 minutes.
7. Add the dissolved turmeric, salt and mangoes and simmer until the mangoes are cooked and the sauce thickens.
8. Allow to cool and then serve or bottle the chutney and use as required.

4. MINT CHUTNEY (1) (PADHENA KO ACHAR)
10 PORTIONS*Ingredients*

Mint	50 g
Onions	200 g
Green pepper	100 g
Yoghurt	250 ml
Milk	50 ml
Desiccated coconut	50 g
Salt	

Method

1. Wash and finely chop the mint.
2. Heat the milk and soak the coconut in it for 30 minutes.
3. Peel the onions and chop with the peppers.
4. Beat the yoghurt to thin the consistency.
5. Put all the ingredients into a bowl and mix thoroughly.
6. Chill for one hour before serving.

5. MINT CHUTNEY (2) (PADHENA KO ACHAR)
10 PORTIONS*Ingredients*

Mint	25 g
Onions	150 g
Tomatoes	125 g
Cucumber	75 g
White radish	75 g
Red chillies	1
Green chillies	1
Ginger	10 g
Sesame seed	75 g
Onion leaves	10 g
Coriander	10 g
Salt	

Method

1. Wash and finely chop the mint.
2. Peel and chop the onions and ginger.
3. Concasse the tomatoes.
4. Peel and finely chop the radishes and cucumber. Shred the chillies.
5. Dry fry the sesame seed to a golden brown then grind to a fine powder.
6. Mix together all the ingredients except for the coriander and onion leaves.
7. Put into a serving dish and garnish with finely chopped coriander and onion leaves.

6. MIXED CHUTNEY (MESAYAKO ACHAR)

10 PORTIONS

Ingredients

Onions	150 g
Tomatoes	125 g
Cucumbers	75 g
Radishes	75 g
Red chillies	1
Green chillies	1
Ginger	10 g
Sesame seed	25 g
Onion leaves	10 g
Coriander	10 g

Method

1. Peel and chop the onions and ginger.
2. Concasse the tomatoes.
3. Peel and chop the radishes and cucumbers.
4. Shred the chillies.
5. Finely chop the onion leaves and coriander.
6. Dry fry the sesame seed to a golden brown then grind to a fine powder.
7. Mix together all the ingredients and serve immediately.

7. ONION AND TOMATO CHUTNEY (PIYAJ ANI GOLBHEDA KO ACHAR)

10 PORTIONS

Ingredients

Tomatoes	300 g
Onions	200 g
Cheddar cheese	50 g
Green chillies	2
Garlic	2 cloves
Ginger	10 g
Lemon	1
Salt	

Method

1. Concasse the tomatoes.
2. Peel and chop the onions, garlic and ginger.
3. Remove the seeds from the chillies and shred the flesh.

4. Grate the cheese.
5. Put the lemon juice into a bowl, add salt and all the prepared ingredients and thoroughly mix together.
6. Chill for one hour before serving.

8. RADISH CHUTNEY (MULA KO ACHAR)

10 PORTIONS

Ingredients

White radish	500 g
Red chillies	2
Green chillies	2
Garlic	2 cloves
Sesame seeds	40 g
Ginger	10 g
Mustard oil	25 ml
Vinegar	25 ml
Turmeric	10 g

Method

1. Peel and shred the radishes. Soak them in warm water for 5 minutes then drain thoroughly.
2. Remove the seeds from the chillies and shred the flesh.
3. Finely chop the garlic and ginger.
4. Dry fry the sesame seeds then grind to a fine powder.
5. Mix together all the ingredients, except for the mustard oil, in a bowl.
6. Heat the mustard oil to a blue haze, pour over the ingredients, mix thoroughly then serve or bottle and use as required.

9. SARDINE/HERRING AND TOMATO CHUTNEY (SARDINE ANI GOLBHEDA KO ACHAR)

10 PORTIONS

Ingredients

Sardine or herring (tinned)	50 g
Tomatoes	200 g
Fresh chillies	2
Fresh ginger	25 g
Mint fresh	10 g
Lemon	1
Coriander	10 g
Salt	

Method

1. Blanch and peel the tomatoes.
2. Peel and chop the ginger.
3. Remove the seeds from the chillies and roughly chop the flesh.
4. Blend all the ingredients into a smooth paste.

10. TILL SEED CHUTNEY (TILL KO ACHAR)

10 PORTIONS

Ingredients

Till seed	50 g
Tomatoes	400 g
Onions	400 g

Garlic	4 cloves
Chillies	3
Cheddar cheese	100 g
Coriander	25 g
Lemon	1
Salt	

Method

1. Dry fry the till seed for 5 minutes until it is a rich brown colour. Grind to a fine flour.
2. Concasse the tomatoes.
3. Peel and chop the onions, garlic and coriander.
4. Grate the cheese.
5. Remove the seeds from the chillies and shred the flesh.
6. Put the lemon juice and salt into a bowl, add the remaining ingredients, mix well and chill for one hour before serving.

11. TOMATO CHUTNEY (GOLBHEDA KO ACHAR) 10 PORTIONS

Ingredients

Tomatoes	400 g
Garlic	2 cloves
Sugar	100 g
Raisins	50 g
Malt vinegar	125 ml
Chilli powder	10 g
Ginger powder	5 g
Salt	

Method

1. Skin the tomatoes and cut into quarters.
2. Finely chop the garlic.
3. Cook the tomatoes, ginger, garlic, chilli and salt until the tomatoes are pulpy.
4. Add the sugar, vinegar and raisins and cook until the mixture thickens.
5. Allow to cool, then serve or bottle and use as required.

12. TOMATO COOKED (PAKAEKO GOLBHEDA KO ACHAR) 10 PORTIONS

Ingredients

Tomatoes	400 g
Onions	100 g
Jaggery	160 g
Ginger	25 g
Garlic	4 cloves
Chillies	1
Malt vinegar	200 ml
Mustard seeds	15 g
Mustard oil	75 ml
Cinnamon sticks	3 cm
Cloves	8
Coriander	25 g
Salt	

Method

1. Concasse the tomatoes.
2. Peel and chop the onions.
3. Finely chop the ginger, chillies and coriander.
4. Put the tomatoes, onions, cinnamon, vinegar and salt into a heavy bottomed saucepan and bring to the boil.

5. Stir in the jaggery then add the ginger, garlic, cloves, chillies and coriander and cook for 5 minutes stirring frequently.
6. Heat the mustard oil to a blue haze, add the mustard seeds and fry for 3 minutes.
7. Add the mustard oil and seed to the tomato mixture and boil for 10 minutes, stirring frequently, until the chutney thickens.
8. Allow to cool then serve or bottle and use as required.

13. TOMATO, ONION AND GINGER (GOLBHEDA, PIYAJ ANI ADHUWA KO ACHAR) 10 PORTIONS

Ingredients

Tomatoes	800 g
Onions	100 g
Ginger	50 g
Lemon	1
Green chillies	100 g
Coriander	50 g
Salt	

Method

1. Skin the tomatoes then cut them into concasse.
2. Peel and chop the onions and ginger.
3. Roughly chop the coriander.
4. Remove the stalks and seeds from the chillies then shred the flesh.
5. Mix together the tomatoes, onions, coriander, ginger, salt and lemon juice.
6. Put the mixture into a clean earthenware or glass serving dish, garnish with the shredded chillies, chill for one hour then serve.

RAYATA

14. CABBAGE RAYATA (BANDAKOPI KO RAYATA) 10 PORTIONS

Ingredients

Cabbage	800 g
Yoghurt	125 ml
Green chillies	3
Black mustard seeds	10 g
Coriander	10 g
Salt	

Method

1. Wash the cabbage and remove the thick stalks. Shred the cabbage and chillies. Roughly chop the coriander.
2. Mix all the ingredients together, garnish with the chopped coriander and serve in salad bowls.

15. CARROT RAYATA (GAJAR KO RAYATA) 10 PORTIONS

Ingredients

Carrots	800 g
Ground peanuts	150 g
Yoghurt	125 ml
Green chillies	3
Coriander	25 g

Salt

Method

1. Roughly chop the coriander.
2. Grate the carrots, shred the chillies and mix with the other ingredients.
3. Season and serve garnished with the chopped coriander in salad bowls.

16. CUCUMBER RAYATA (KANKRO KO RAYATA) 10 PORTIONS

Ingredients

Cucumber	800 g
Yoghurt	125 ml
Black mustard powder	10 g
Green chillies	3
Coriander	10 g
Salt	

Method

1. Remove the seeds from the chillies and slice the flesh.
2. Peel the cucumber, cut in half lengthways and scoop out the seeds. Cut lengthways into 5 mm thick slices and then into pieces 15 mm long.
3. Sprinkle with salt and allow to stand for 5 minutes.
4. Squeeze the cucumber to remove excess liquid.
5. Mix all the ingredients together and serve, garnished with the chopped coriander, in salad bowls.

17. POTATO RAYATA (ALU KO RAYATA) 10 PORTIONS

Ingredients

Spiced potatoes	800 g
Yoghurt	125 ml
Cumin powder	10 g
Black mustard powder	10 g
Cardamom powder	10 g
Coriander	3 g

Salt

Pepper

Method

1. Cut the spiced potatoes into 5 mm dice. Roughly chop the coriander.
2. Mix all the ingredients together and adjust the seasoning.
3. Serve, garnished with the chopped coriander, in salad bowls.

18. TOMATO AND SPRING ONION RAYATA (PIYAJ KO SAG ANU GOLBHEDA KO RAYATA) 10 PORTIONS

Ingredients

Tomatoes	400 g
Yoghurt	125 ml
Green chillies	3
Spring onions	25 g
Black mustard seeds	10 g
Coriander	3 g
Ginger	10 g
Oil	30 g
Salt	

Method

1. Concasse the tomatoes. Roughly chop the coriander.
2. Shred the spring onions, chillies and ginger.
3. Heat the oil to a blue haze, add the mustard, green chillies, ginger, spring onions and cook for 4 minutes.
4. Add the tomatoes and cook for a further 2 minutes. Remove from the heat, add the yoghurt and thoroughly mix together.
5. Adjust the seasoning, garnish with the chopped coriander and serve.

PART 4 - GURKHA COOKERY

CHAPTER FORTY SEVEN

Bread

CHAPATI		UNCLASSIFIED	
1.	Atta flour paratha	6.	Atta flour paratha
2.	Fried chapati	7.	Diwali
3.	Besan and wheat chapati	8.	Puffed wholemeal bread
4.	Milk Chapati	9.	Nimki salt biscuits
5.	Plain flour chapati		

CHAPATI**1. ATTA FLOUR PARATHA
12 PORTIONS***Ingredients*

Atta	600 g
Oil for deep frying	500 ml
Water	750 ml
Salt	

Method

1. Sieve together the atta and salt, add the water and mix to a firm dough.
2. Divide the dough into 3 pieces.
3. Roll each piece with a lightly oiled rolling pin to a rectangular shape then fold in half.
4. Cut each piece diagonally into 4 triangular portions.
5. Dry fry each portion on both sides in a hot frying pan until almost cooked. Remove from the pan.
6. Reheat the oil to a blue haze then add the partially cooked breads and finish cooking (the breads will rise when cooked).

**2. FRIED CHAPATI (ATTA KO PURI)
10 PORTIONS***Ingredients*

Atta	600 g
Oil for deep frying	
Water	350 ml
Salt	

Method

1. Sieve together the atta and salt, add the water and mix to a firm dough.
2. Let the dough stand for one hour in a cool place.
3. Divide the dough into 25 g balls then roll out into rounds 14 cm in diameter.
4. Heat the oil to a blue haze then deep fry the chapatis. When cooked the chapatis will rise to the surface.

**3. BESAN AND WHEAT CHAPATI (BESAN ANI
ATTA KO ROTI)
8 PORTIONS***Ingredients*

Besan	150 g
Wheat flour	225 g
Onions	75 g
Green peppers	75 g
Oil	50 ml
Coriander	25 g
Salt	

Method

1. Peel and chop the onions and coriander. Remove the stalk and seeds from the green peppers and chop the flesh.
2. Sieve the besan, wheat flour and salt together, add the onions, coriander and green peppers.
3. Gradually mix in sufficient ice cold water to make a soft dough.
4. Divide the dough into 8 portions, shape into balls then roll out into rounds 15 cm in diameter.
5. Heat the griddle to a high heat, brush with melted oil then cook the chapatis, turning occasionally until cooked through and brown on both sides.

**4. MILK CHAPATI (DUDH KO ROTI)
8 PORTIONS***Ingredients*

Flour	500 g
Milk	100 ml
Butter	40 g

Method

1. Sieve the flour and salt together.
2. Add the butter and mix to a sandy texture.
3. Mix in the milk (also adding cold water if required) to a soft dough.
4. Divide the dough into 8 portions and rolls out into rounds 15 cm in diameter.
5. Heat the griddle to a high heat, place the chapati on it then reduce the heat and cook the chapatis until they are brown and crisp.

**5. PLAIN FLOUR CHAPATI (SUKKHA ROTI MAIDA)
8 PORTIONS***Ingredients*

Plain flour	600 g
Butter	225 g
Water	250 ml
Salt	

Method

1. Sieve the flour and salt together, add 75 g butter and mix to a sandy texture.
2. Mix in sufficient water to form a stiff dough.
3. Divide into 8 portions, shape into balls then roll out into rounds 20 cm in diameter.
4. Brush each one with melted butter, dust with flour and roll up into a ball then roll out again into rounds 15 cm in diameter.
5. Repeat stage 4 twice more.
6. Dry fry in a hot pan for one minute on each side. Reduce the heat during the cooking.
7. Brush the edges with melted butter and continue to cook until both sides are crisp and brown.
8. Serve warm.

UNCLASSIFIED**6. ATTA FLOUR PARATHA (ATTA ANI GHEE
MESA EKO PURI)
8 PORTIONS***Ingredients*

Atta	600 g
Butter	225 g
Water	250 ml
Oil for deep frying	

Method

1. Warm the water to blood heat.
2. Sieve the flour and mix with the butter to a sandy texture.
3. Add sufficient water to make a firm dough.
4. Knead the dough on a lightly floured surface until it is smooth and elastic.
5. Place the dough in a covered bowl and allow to rest for 30 minutes.
6. Divide the dough into 8 portions then roll out into rounds 15 cm in diameter.
7. Heat the oil to a light haze, add the breads, and deep fry for 2 minutes, turning once, until they puff up and are golden brown.
8. Remove from the oil, drain and serve warm.

**7. DIWALI (SEL ROTI)
10 PORTIONS***Ingredients*

Rice	800 g
Rice flour	400 g
Butter	75 g
Yoghurt	250 ml
Sugar	100 g
Fennel seeds	10 g
Cardamom powder	5 g
Water	250 ml
Oil for frying	

Method

1. Wash the rice and soak it in cold water for 3 hours. Drain then grind to a fine paste.
2. Sieve the rice flour, add the ground rice, sugar, fennel seeds, cardamom powder and butter and mix to a sandy texture.
3. Add the yoghurt and water and mix to a thick batter.
4. Heat the oil to a moderate heat in a heavy shallow frying pan.
5. Place a quantity of the batter into a piping bag with a large tube, pipe the batter in 15 cm rings into the hot oil.
6. Fry to a golden brown, remove from the oil, drain and serve either hot or cold.

8. PUFFED WHOLEMEAL BREAD (SUKKHA ROTI ATTA) 8 PORTIONS

Ingredients

Atta	200 g
Water	

Method

1. Sieve the atta into a large bowl, add water and mix to a smooth elastic dough.
2. Cover the dough with a damp cloth and allow to rest for 30 minutes in a cool place.
3. Divide the dough into 8 pieces, shape into balls then recover with a damp cloth and allow to rest for 5 minutes.
4. Roll out the dough balls into rounds 15 cm in diameter.
5. Dry fry them in a pan, until the tops begin to colour. Turn them over and cook for a further minute until lightly browned.
6. Press down firmly on the bread with a clean, folded linen cloth, release the pressure leaving the cloth behind. When the breads puff up remove the cloth.
7. Transfer onto a heated plate and keep warm for service.

9. NIMKI SALT BISCUITS (NIMKI) 10 PORTIONS

Ingredients

Flour	400 g
Butter	100 g

Black cumin seeds	3 g
Salt	
Water	
Oil for deep frying	

Method

1. Sieve the flour and salt together.
2. Add the butter and black cumin seeds, and mix to a sandy texture then mix in sufficient water to form a smooth dough.
3. Divide the dough into 40 balls and roll into rounds 15 cm in diameter. Fold into triangles and roll out again into 15 cm rounds.
4. Heat the oil to a moderate heat, add the nimki and fry until they are crisp and biscuit colour. Drain and serve.

PART 4 - GURKHA COOKERY

CHAPTER FORTY EIGHT

Snack Dishes

PAKORA		UNCLASSIFIED	
1.	Chilli pakora	7.	Momo
2.	Egg pakora	8.	Onion fritters
3.	Fish pakora	9.	Papadum rolls
4.	Meat pakora	10.	Potato cakes Gurkha style
5.	Potato pakora	11.	Samosa
6.	Vegetable pakora	12.	Meat singara

PAKORA

1. CHILLI PAKORA (KHOR SANI PAKORA)
10 PORTIONS*Ingredients*

Chillies	250 g
Besan	200 g
Turmeric	5 g
Baking powder	3 g
Coriander	25 g
Oil for deep frying	
Salt	
Pepper	

Method

1. Cut the chillies in 2 lengthways and remove the seeds.
2. Finely chop the coriander.
3. Sieve together the besan, baking powder, turmeric, salt and coriander then mix in sufficient water to make a thick batter. Allow to stand for 30 minutes.
4. Dip the chillies into the batter.
5. Heat the oil to a blue haze then deep fry the batter coated chillies to a golden brown.
6. Drain and serve.

2. EGG PAKORA (ANDA PAKORA)
10 PORTIONS*Ingredients*

Eggs 10	
Besan	200 g
Turmeric	5 g
Chillies	25 g
Baking powder	3 g
Coriander	25 g
Oil for deep frying	
Water	
Salt	

Method

1. Remove the seeds from the chillies and shred the flesh.
2. Finely chop the coriander.
3. Sieve together the besan, baking powder, turmeric and salt, add the chillies and coriander then mix in sufficient water to make a thick batter. Allow to stand for 30 minutes.
4. Hard boil the eggs. Cool them and remove the shells.
5. Cut the eggs into quarters lengthways and dip in batter.
6. Heat the oil to a blue haze then deep fry the batter coated eggs until golden brown.
7. Drain and serve.

3. FISH PAKORA
10 PORTIONS*Ingredients*

Fish (fresh or tinned)	600 g
Flour	225 g
Egg	1
Oil	
Salt	

Method

1. Mince the fish through a fine plate, add the salt and bind with the egg.
2. Sieve the flour and add to the fish mixing thoroughly.
3. Divide the mixture into 20 pieces and shape into balls.
4. Heat the oil to a blue haze, and fry the fish balls to a golden brown. Drain and serve.

4. MEAT PAKORA

10 PORTIONS

Ingredients

Meat (lean and boneless, any kind including tinned)	600 g
Flour	225 g
Egg	1
Oil	150 ml
Salt	

Method

1. Mince the meat through a fine plate, add the salt and bind with the egg.
2. Sieve the flour and add to the meat mixing thoroughly.
3. Divide the mixture into 20 pieces and shape into balls.
4. Heat the oil to a blue haze, and fry the meat balls to a golden brown, drain and serve.

5. POTATO PAKORA (ALU PAKORA)
10 PORTIONS*Ingredients*

Potato	600 g
Besan	200 g
Turmeric	5 g
Chillies	25 g
Baking powder	3 g
Coriander	25 g
Oil for deep frying	
Water	
Salt	

Method

1. Remove the seeds from the chillies and shred the flesh.
2. Finely chop the coriander.
3. Sieve together the besan, baking powder, turmeric and salt, add the chillies and coriander then mix in sufficient water to make a thick batter. Allow to stand for 30 minutes.
4. Boil the potatoes in their jackets. Allow them to cool then peel and cut them into 25 mm dice and dip in the batter.
5. Heat the vegetable oil to a blue haze and deep fry the potatoes to a golden brown, drain and serve.

6. VEGETABLE PAKORA (SABJU PAKORA)
10 PORTIONS*Ingredients*

Cauliflower	600 g
Besan	200 g
Turmeric	5 g
Chillies	25 g
Baking powder	3 g
Coriander	25 g
Oil for deep frying	
Water	
Salt	

Method

1. Remove the seeds from the chillies and shred the flesh.
2. Finely chop the coriander.
3. Sieve together the besan, baking powder, turmeric and salt, add the chillies and coriander then mix in sufficient water to make a thick batter. Allow to stand for 30 minutes.
4. Cut the cauliflower into florets and dip the florets into the batter.
5. Heat the oil to a blue haze then deep fry the florets to a golden brown, drain and serve.

UNCLASSIFIED

7. MOMO (STEAMED DUMPLING) 10 PORTIONS

Ingredients

Pork	400 g
Flour	800 g
Onions	400 g
Ginger	100 g
Fresh coriander	25 g
Salt	

Method

1. Sieve the flour and salt and mix with sufficient water to make a firm dough.
2. Peel and chop the onions, ginger and coriander.
3. Mince the pork through a coarse blade, add the fresh ingredients, season and mix thoroughly.
4. Roll out the dough 5 mm thick and cut with a 75 mm round pastry cutter.
5. Place an equal portion of the filling into the centre of each round.
6. Fold the pastry over and press the edges together to form a semi circle.
7. Grease a steamer tray and place the dumplings onto the tray leaving space around each dumpling.
8. Steam in high heat for 15 minutes and serve hot.

Notes:

1. To serve fried - these should be steamed in advance, removed from the steamer and allowed to cool.
2. Saute in hot shallow oil to a golden brown on both sides and serve hot.
3. The dumplings are usually served with mint sauce or chilli sauce.

8. ONION FRITTERS (PYAJI) 10 PORTIONS

Ingredients

Onions	600 g
Besan flour	200 g
Red chillies	4
Turmeric	10 g
Coriander fresh	25 g
Salt	
Water	
Oil for frying	

Method

1. Peel and shred the onions.
2. Remove the seeds from the chillies.
3. Finely chop the coriander and chillies and mix with the onions and salt.
4. Add the besan flour and turmeric then mix in sufficient water to make a stiff batter.
5. Heat the oil to a moderate heat in a heavy shallow pan, put in tablespoons full of the onion batter and cook until crisp and a golden brown.
6. Drain and serve with chilli sauce.

9. PAPADUM ROLLS (PAPAR ROLL) 10 PORTIONS

Ingredients

Papadums	10
Bacon (diced)	250 g
Carrots	250 g
Onions	125 g
Spring onions	50 g
Mint fresh	25 g
Oil for deep frying	
Salt	

Method

1. Peel and chop the onions; chop the spring onions and mint.
2. Dice the bacon and peel and dice the carrots.
3. Fry the onions in a little oil without colouring, add the bacon, carrots, spring onions and mint and fry for 5 minutes. Allow to cool.
4. Dip the papadums in lukewarm water for a few seconds to make them pliable, then dry them thoroughly, using kitchen paper.
5. Cut the papadum into halves.
6. Put a tablespoon of the filling along the centre of the papadum and roll up turning in the edge to form a seal.
7. Heat the oil to a moderate temperature and add the rolls turning frequently until golden brown and crisp.

10. POTATO CAKES GURKHA STYLE (ALU CHANP) 10 PORTIONS

Ingredients

Potatoes (prepared)	1.6 kg
Margarine	150 g
Eggs	4
Mutton (lean and boneless)	700 g
Peas	150 g
Oil	25 ml
Chilli powder	10 g
Garam Masala	25 g
Chopped coriander	25 g
Egg wash as required	
White breadcrumbs	300 g
Salt	
Oil for deep frying	

Method

1. Plain boil the potatoes, drain and pass them through a sieve into a basin. Add the margarine, season with salt and pepper and mix together.
2. Return the mixture to the saucepan, add the yolks of egg and mix well over a low heat until the mixture leaves the bottom of the pan clean. Allow to cool.
3. Mince the mutton through a fine plate.
4. Heat the oil to a blue haze, add the minced mutton and fry until cooked. Add the masala, peas, chilli powder and salt and cook until all the liquid has evaporated. Add the chopped coriander and allow to cool.
5. Turn the potato mixture onto a floured board.
6. Mould into small balls 50 g in weight and make a cup shaped cavity in each one.
7. Place a portion of the meat in the cavity and mould to an egg shape.
8. Pass through flour, egg wash and breadcrumbs.
9. Place in a frying basket and fry in deep fat to a golden colour.
10. Drain and serve on a heated dish accompanied with tamarind or mint sauce.

11. SAMOSA 10 PORTIONS

Ingredients

Mutton (lean and boneless)	400 g
Potatoes	125 g

Atta	400 g
Oil	25 ml
Chillies	25 g
Garlic	1 clove
Ginger	25 g
<u>Masala</u>	25 g
Oil for deep frying	
Water	
Salt	

Method

1. Remove the seeds from the chillies.
2. Sieve the atta and salt and mix in sufficient water to form a firm dough.
3. Finely chop the chillies, garlic and ginger and mix with the masala.
4. Boil the potatoes in their jackets then peel and dry mash them. Allow to cool.
5. Mince the mutton through a fine plate.
6. Heat the oil and fry the mutton until lightly cooked. Add the masala and salt and cook until the liquid has evaporated. Allow to cool.
7. Add the meat mixture to the mashed potato.
8. Roll out the dough and cut it into 20 x 50 rounds.
9. Place a portion of the meat and potato mixture in the centre of a round of dough, brush the edges with milk, cover with another round of dough and press the edges together.
10. Heat the oil to a blue haze, add the samosa and fry until golden brown. Drain and serve warm.

Peas	150 g
Ginger	40 g
<u>Garam masala</u>	25 g
Butter	75 g
Fresh coriander	25 g
Oil for deep frying	
Water	
Salt	

Method

1. Sieve the flour and salt together, add the butter and mix to a sandy texture, then mix in sufficient water to a firm dough.
2. Peel and chop the onions, ginger and coriander.
3. Mince the mutton through a fine plate.
4. Cook the onions without colouring in a little oil, add the ginger, garam masala and minced meat, season and cook together.
5. Cook the peas in boiling water, drain, add to the meat then add the chopped coriander, mix together and allow to cool.
6. Divide the dough into 25 g balls. Roll these out to an oval shape about 20 cms long and 8 cms wide. Cut the oval into two and form a cone with each piece leaving the semi-circular edge as a flap.
7. Place an equal portion of filling into the cone and moisten the edge of the flap. Fold over the pastry and press the edges together to make a triangle.
8. Heat the oil to a moderate heat and fry the singara to a golden colour turning frequently. Drain and serve warm.

12. MEAT SINGARA (FRIED MEAT PATTY)

10 PORTIONS

Ingredients

Flour	300 g
Mutton (lean and boneless)	300 g
Onions	75 g

PART 4 - GURKHA COOKERY

CHAPTER FORTY NINE

Sweet Dishes

	MILK BALLS		UNCLASSIFIED
1.	Fried milk balls with cardamom	8.	Barfi
2.	Milk balls in syrup	9.	Bundia
		10.	Jalebi
	PUDDINGS	11.	Sweet balls
3.	Carrot pudding		
4.	Marrow pudding		
5.	Pumpkin pudding		
6.	Rice pudding with cardamom and nuts		
7.	Semolina pudding Gurkha style		

MILK BALLS**1. FRIED MILK BALLS WITH CARDAMOM SYRUP (RAS DHANNA)**
10 PORTIONS*Ingredients*

Dried milk	100 g
Plain flour	50 g
Milk	50 ml
Sugar	400 g
Cardamoms	2
Bicarbonate of soda	pinch
Rose water	10 ml
Oil for deep frying	

Method

1. Sieve together the dried milk, flour and bicarbonate of soda into a bowl.
2. Add the fresh milk and mix to a smooth dough.
3. Divide the dough into 20 pieces and shape into balls.
4. Heat the oil to a blue haze and cook the dough balls to a pale golden colour allowing them to double in size. Drain and keep warm.
5. Mix 250 ml of water with the sugar, add the cardamoms, bring to the boil and cook to a thick syrup. Remove from the heat.
6. Add the cooked milk balls to the syrup and soak them for 5 minutes then add the rose water and allow to stand for 5 minutes.

Note The milk balls may be served hot or cold.

2. MILK BALLS IN SYRUP (RASBHARI)
10 PORTIONS*Ingredients*

Milk	1 ltr
Sour curds	40 g
Limes	3
Jalebi syrup	500 ml

Method

1. Bring the milk to the boil, squeeze in the juice of the limes and then add the curds to separate the milk.
2. Strain off the water by passing through a muslin cloth.
3. Shape into 50 g balls and soak in the jalebi syrup for one hour.
4. Remove from the syrup and serve the sweetmeats and syrup separately.

PUDDINGS**3. CARROT PUDDING (GAJARA KO HALUWA)**
10 PORTIONS*Ingredients*

Carrots	400 g
Milk	750 ml
Single cream	200 ml
Jaggery	175 g
Sugar	100 g
Ground almonds	225 g
Butter	40 g
Cardamom seed	5 g
Pistachio nuts	25 g
Flaked almonds	25 g

Method

1. Peel and grate the carrots through a coarse grater.

2. Bring the milk, cream and carrots to the boil in a heavy saucepan stirring constantly.
3. Reduce the heat and simmer for one hour, stirring occasionally, until there is only half the original volume left.
4. Stir in the jaggery and sugar and cook for 10 minutes then add the ground almonds and butter and cook stirring constantly, for a further 10 minutes until the mixture draws away from the side of the pan in a solid mass.
5. Remove from the heat and stir in the crushed cardamom seeds.
6. Put into a heated serving dish, decorate with toasted pistachio nuts and toasted almonds and serve warm.

4. MARROW PUDDING (LAUKA KO HALUWA)
10 PORTIONS*Ingredients*

Marrow	800 g
Milk	150 ml
Sugar	150 g
Butter	125 g
Cardamoms	1
Nutmeg	pinch
Cinnamon stick	1 x 3 cm

Method

1. Peel the marrow and cook the flesh in boiling water.
2. Remove the marrow from the water and mash it to a smooth puree.
3. Boil together the milk, sugar and spices, add the marrow and stir thoroughly.
4. Mix in the butter and serve the pudding in a heated dish.

5. PUMPKIN PUDDING (PHARSI KO HALUWA)
10 PORTIONS*Ingredients*

Pumpkin	800 g
Milk	150 ml
Sugar	150 g
Butter	125 ml
Cardamoms	1
Nutmeg	pinch
Cinnamon stick	1 x 3 cm

Method

1. Peel the pumpkin and cook the flesh in boiling water.
2. Remove the pumpkin from the water and mash it to a smooth puree.
3. Boil together the milk, sugar and spices.
4. Add the pumpkin and stir thoroughly.
5. Mix the butter and serve the pudding in a heated dish.

6. RICE PUDDING WITH CARDAMOM AND NUTS (KHEER)
10 PORTIONS*Ingredients*

Rice	50 g
Milk	1.5 ltr

Sugar	200 g
Almonds	60 g
Cardamom seeds	3 g
Rose water	10 ml
Flaked almonds	

Method

1. Pick and wash the rice.
2. Bring the milk to the boil in a heavy saucepan stirring constantly to prevent a skin forming.
3. Reduce the heat and simmer for 30 minutes stirring occasionally.
4. Rain in the rice and cook for 30 minutes, stirring frequently until the grains have almost disintegrated.
5. Add the sugar and chopped almonds and cook for 15 minutes until the mixture coats the back of a spoon.
6. Remove from the heat and stir in the cardamom seeds and rose water.
7. Pour the pudding into a shallow baking dish.
8. Sprinkle the toasted flaked almonds on top, allow to cool then refrigerate for 4 hours and serve cold.

7. SEMOLINA PUDDING GURKHA STYLE (SUJI KO HALUWA)

10 PORTIONS

Ingredients

Semolina	300 g
Milk 1 ltr	
Sugar	150 g
Oil	15 g
Nutmeg	pinch
Cardamom	1
Cloves	1
Cinnamon stick	3 cm

Method

1. Boil together the milk, sugar and spices.
2. Heat the oil to a light haze, add the semolina and fry until thoroughly cooked.
3. Strain the boiling milk onto the semolina stirring constantly.
4. Reboil for one minute.

Note: The semolina may be served hot or cold whole.

UNCLASSIFIED

8. BARFI

10 PORTIONS

Ingredients

Besan	100 g
Sugar	75 g
Oil	25 g
Peanuts	25 g

Method

1. Put the sugar in a saucepan, add sufficient water to dissolve the sugar, bring it to the boil, remove from direct heat and keep warm.
2. Heat the oil to a light haze, add the besan and cook gently for 10 minutes until the besan has lost its odour.
3. Add the peanuts and the sugar stock and stir for one minute. Pour out onto a lightly greased dish.

4. Allow the mixture to cool until set then turn it out and cut into the required number of portions.

Note: Desiccated coconut may be sprinkled on the top if desired.

9. BUNDIA

10 PORTIONS

Ingredients

Besan	100 g
Sugar	200 g
Baking powder	25 g
Turmeric	3 g
Oil for deep frying	

Method

1. Sieve together the besan and turmeric, add sufficient water to make a stiff batter and whisk for 15 minutes. Add the baking powder and whisk for a further minute.
2. Put the sugar into a saucepan, add sufficient water to dissolve the sugar. Bring it to the boil, remove from direct heat and keep warm.
3. Heat the oil to a blue haze then rub the batter into the oil through a fine sieve.
4. Cook the batter to a golden brown, remove it from the oil, drain then place in the sugar stock.
5. Remove the sugar stock from the heat and pour it over the Bundia ensuring it is coated with the sugar.
6. Serve cold.

10. JALEBI

10 PORTIONS

Ingredients

Atta	350 g
Besan	25 g
Yellow colouring	
Oil	500 ml
Water	250 ml
Salt 3 g	
<u>Jalebi syrup</u>	500 ml

Method

1. Sieve together the atta and salt. Mix in sufficient water to make a smooth batter.
2. Mix the besan and yellow colouring into the batter and allow to stand in a cool place for 12 hours.
3. Heat the oil to a blue haze.
4. Place a quantity of the batter into a piping bag with a small tube. Pipe the batter into the hot oil in figure of 8 surrounded by a circle.
5. Fry until crisp and golden brown, then remove from the oil and drain.
6. Place the jalebi in the jalebi syrup and allow to soak thoroughly.

11. SWEET BALLS (GULAB JAMON)

10 PORTIONS

Ingredients

Atta	400 g
Besan	200 g
Water	500 ml
Oil	125 ml
Yellow colouring	
<u>Jalebi syrup</u>	500 ml
Salt	

Method

1. Sieve together the atta, besan and salt, add the water and mix to a smooth batter. Add yellow colouring then allow to stand for 2 hours.
2. Heat the oil to a blue haze and rub the batter into the oil through a fine sieve.
3. Cook to a light golden brown, remove from the oil, drain and allow to cool.
4. Place the cooked batter into the jalebi syrup, divide into 50 g pieces. Mould into balls and then serve cold in the jalebi syrup.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY

COLD BUFFETS

1.	Introduction	6.	Presentation
3.	Advanced planning	7.	Service
4.	Menu	8.	Service of coffee
5.	Work plan	9.	Example layout of a buffet

INTRODUCTION

1. The annual social calendar of a unit always calls for a number of important functions to be catered for. At such functions the various messes within the unit will eagerly look forward to an evening of some splendour and naturally expect a buffet supper in keeping with the occasion.

2. At these functions the elaborate, decorated dishes explained in the fish section, various meat selections, salad and cold sweet sections can be used to their full effect not only to satisfy the customers requirements but also to demonstrate the skills of the chefs. A well executed buffet can be a very rewarding experience for all concerned with such an occasion.

ADVANCED PLANNING

3. A function of this type requires planning well in advance. Planning discussions between the caterer and the organising body must take place at which the caterer must be prepared to give advice on the following aspects.

a. **Themes.** It may be that the organiser wishes to have an overall theme for the evening and it is prudent to have this in mind when selecting the basis menu. Therefore it would be sensible to select dishes with this in mind.

b. **Cost.** This is a vital factor. The organiser will be aware how much of the overall budget will be available to provide the food. The menu can be provisionally decided and later detailed costings will confirm the final choice.

c. **Types of foods.** It is certain that the customers will not want the more usual types of food available everyday. They will want something different displaying flair and innovation. It is also an ideal opportunity for the chefs to demonstrate their skills. The caterer must also consider the guest list in case any foreign nationals are invited. Their tastes and customs need to be considered.

d. **Seasons and availability.** All fresh foods have a season when they are at their best and least expensive. However, all fresh foods are in season somewhere in the world but at a price. The increased cost of obtaining foods which are not in season in the local area will affect costs. Availability of supplies must be checked.

e. **Portion size and control.** Sufficient portions of everything served must be available to the last customer. To run out of choices at such functions reflects adversely on the catering organisation to say nothing of the disappointment caused to the customer. Therefore consideration, based on experience, must be given to the amounts of each dish available, portioning and portion control. It is important to have a ready replenishment of dishes as they are required.

f. **Abilities of staff and availability of supervisory control.** A buffet is an ideal “on job” teaching situation for the young and inexperienced chef. However before finalising the menu some thought must be given to the availability of supervisory control.

THE MENU

4. a. **Starters.** A selection of starters can be offered but this may well necessitate queuing by the customer. Consider having just one starter pre-laid on the dining tables or maybe waiter service of a limited selection.

b. **Main course.** The dishes selected should include a centre piece, which would be the focal point of the buffet. This should be surrounded with a mixture of pre-carved meats and joints to be carved to facilitate ease of decision by the customer and speed of service by the chef. The queue should flow smoothly onto the accompanying dishes such as salads. Depending on numbers to be catered for two buffet tables may be required and if both hot and cold main courses are served there will be a requirement for separate service points.

Note: Ensure sensible positioning of plates and possibly cutlery for the customer to collect. Ensure that plates are at the correct temperature for the types of food available.

c. **Other dishes.** Following on the next order of display and service will be any sauces or dressings offered.

d. **Sweets.** A good selection of tempting sweets should be available preferably at separate service points. The type will be influenced and by preference and on the funds available but with imagination need not be mundane.

e. **Cheese board.** An attractive array of cheeses is a popular alternative to the sweet counter. Points to consider when selecting cheese are given in the cheese section.

WORK PLAN

5. a. Buffets involve a considerable amount of organisation.

- (1) Ordering of the foodstuffs.
- (2) Receipt of foodstuffs in good time.
- (3) Preparation of meats and fish.
- (4) Cooking of main items.
- (5) Preparation of sweets.
- (6) Preparation of salads.
- (7) Decorating and finishing of all dishes.
- (8) Service of the buffet.

b. The preparation, cooking and finishing of dishes may well be spread over two days. Hygiene rules must be carefully observed. Laying out the buffet for service should be carried out as late as is practically possible.

PRESENTATION

6. Major part of the enjoyment of the evening is the spectacle of a magnificent buffet. So that this effect is not lost the following points need to be borne in mind:

a. The buffet tables should either be highly polished or covered with spotless table cloths.

b. All foods should be served in attractive dishes and bowls.

c. The various dishes must be arranged with “eye appeal” in mind yet not forgetting efficiency of service.

d. Unit silver trophies can be used to good effect as centre pieces.

e. Avoid the use of pot plants and flowers in close proximity to the buffet for hygiene reasons.

f. Remember replenishment of dishes needs to take place, so good access to the service area is important.

SERVICE

7. The service must be smooth and unhurried with diners being given access to the buffet in a steady flow. The chosen system should be such that it is immediately obvious which way people should go to collect their meal. Adequate numbers of staff must be available to serve wine, to collect used crockery and cutlery and to be in attendance once at every serving point throughout the meal service.

SERVICE OF COFFEE

8. This can either be at the table by waiters or collected from serving points by the diners.

EXAMPLE LAYOUT OF A BUFFET

9. An example is at Annex A.

ANNEX A - SUGGESTED LAYOUT OF BUFFET AND DINING AREA

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY ONE

Royal Icing

1. Royal Icing
2. Icing a cake

CHAPTER 51

1. ROYAL ICING

Ingredients

Icing sugar	400 g
Lemon	1
Eggs	2
Glycerine	5 ml
Food colouring as required	

Method

1. Separate the whites from the yolks.
2. Place the egg whites in a bowl, add the glycerine and half the sugar and mix the ingredients together with 5 ml of lemon juice to a smooth consistency.
3. Gradually add the remaining sugar beating thoroughly until the mixture forms peaks. Cover with a damp cloth and place in a refrigerator; for best results leave overnight.

Note: To improve the appearance of white icing a spot of blue food colouring can be added.

2. ICING A CAKE

Equipment required

- a. Palette knife
- b. Metal Pastry scraper
- c. Flat metal rule/straight edge
- d. Turntable
- e. Dish cloth
- f. Cake boards
- g. Selection of plain and fancy piping tubes
- h. Rolling pin
- i. Greaseproof paper
- j. Pastry brush

Method

1. Dust a pastry board with icing sugar and roll out the marzipan 7 mm thick.
2. Place the marzipan on top of the cake and trim it to fit.

4. Replace the marzipan on top of the cake ensuring that it adheres well.
5. Use a similar process for the sides of the cake.
6. Apply a small amount of icing to the centre of a cake board and place the cake in the centre.
7. Brush the marzipan with beaten egg white and allow it to dry. This seals the marzipan and prevents the oil from seeping through into the icing.
8. To apply the first coat of icing, stand the cake on a turntable and apply sufficient icing to cover the top.
9. Using a palette knife spread the icing evenly across the top surface ensuring the icing goes right to the edge.
10. Remove the cake from the turntable and place it on a damp cloth on a flat surface, this prevents the board from sliding.
11. Starting at the edge of the cake and using a firm straight edge, draw it across the top of the cake in one steady, even pull to achieve a smooth finish.
12. Remove any excess icing from the sides and allow the icing to dry for one hour before working on the sides.
13. To ice the sides of the cake, replace it on to the turntable and using a small palette knife apply icing to the turntable and using a small palette knife apply icing to the side of the cake, ensuring that it adheres well.
14. Smooth and remove any excess icing by drawing along the side with a pastry scraper.
15. Continue coating the cake top and sides until sufficient icing has been applied to cover all of the cake and a flat smooth surface has been achieved. Allow about one hour for the icing to set between each application.
16. In between applying the coats of icing, carefully trim all the edges and corners with a knife to remove any icing protruding above the surface. Failure to do so will result in the surfaces becoming uneven.
17. The cake is now ready for detailed decorating. Ideas can be obtained from specialist books which will also contain advice about improving skills and techniques and also list suitable equipment to use.

3. Remove the marzipan and brush the cake with apricot glaze.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY TWO

Moulding with Marzipan

1. Introduction

2. Modelling

INTRODUCTION

1. Almond paste marzipan is a rich confection made by mixing together ground almonds and hot sugar syrup to form a stiff paste. Another more common method is to combine ground almonds, icing sugar and whites of egg. The paste is then used to provide a smooth coat for cakes, ie as a base for royal icing or it can be moulded into a wide variety of shapes ranging from large centre pieces to miniature fruits and sweets. It is also popular as a stuffing for chocolates and dried fruits and to enhance the presentation of gateaux, pastries and petits fours.

Ingredients

Ground almond	400 g
Eggs	4
Icing sugar	600 g
Flavouring, water and colouring as required	

Method

1. Separate the egg whites from the yolks and put aside the yolks.
2. Sieve the icing sugar into a bowl and mix in the almonds.
3. Add the egg whites and flavouring and mix to a stiff paste. Cover or put in a plastic bag until required for use.

Notes:

1. The amount of sugar is approximate and more or less icing sugar may be required to achieve the desired consistency.
2. Desired colours can be obtained by kneading vegetable colours into the basic mixture. Other colours can be achieved by using natural ingredients such as cocoa powder, egg yolk, molasses, coffee, blueberry and raspberry syrup. Deep and pale tones can be accomplished by spraying, brushing, dipping and painting colours onto the finished pieces.
3. Marzipan is glazed by brushing on egg whites or stock syrup or by using confectioners glaze.

2. Modelling with marzipan is a skill which is easily developed with practice. In the initial stages better results will be achieved by working from a model or a clear picture. A number of specialist manuals are available from booksellers for those who wish to increase their skills.

Equipment required

1. Plastic Wrap
2. Plastic Bag
3. Tooth Picks
4. Sharp Knife
5. Rolling Pin
6. Plastic Spatula
7. Sieve
8. Cutting Board
9. Paint Brushes (various sizes)
10. Muslin
11. Icing Sugar, Cornflour
12. Food Colourings (paste, liquid, powder)
13. Flavourings

MODELLING

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY THREE

Chocolate

1.	Introduction	8.	Assembly
2.	Couverture	9.	Ganache
4.	Bakers covering	10.	Piping chocolate
6.	Methods of use	11.	Method
7.	Method for moulding	12.	Storage

INTRODUCTION

1. There are several types of chocolate used by confectioners. The most common are:

- a. Couverture
- b. Bakers covering
- c. Supercoat

All three have a sugar base to which cocoa has been added in either butter masse or powder form. Masse is a term for a paste made from cocoa beans, which have been cleaned and roasted and the husk and germ removed. Fats and oils are added to give each chocolate its individual properties and characteristics. Because of this the different types should not be mixed as the chocolates have been prepared for different purposes and should only be used for these. The chocolate comes in block form and will require melting before use. Couverture requires “tempering”, a term used by confectioners to describe the process of heating chocolate.

COUVERTURE

2. This chocolate gives the best results for the high quality moulding needed to produce such items as Easter eggs. It is also ideal for covering or coating. Couverture is available as a plain chocolate or a milk chocolate. The two types should not be mixed as they have different temperature ranges. Plain couverture is made from refined sugar, cocoa masse and cocoa butter. Milk couverture has dairy butter in addition to the other ingredients and sometimes may have milk powder added.

Method of preparation

3. a. Grate the couverture and temper it by warming in a water jacketed pan or bain marie to a temperature of 47°C for milk chocolate.
- b. To temper the couverture heat the plain chocolate to 47°C. On no account must these temperatures be exceeded or the couverture will be rendered useless for moulding and will only be suitable for coating or making ganache.
- c. The temperature for both types must then be reduced to 26.7°C and the best way to do this is to pour out two thirds of the amount onto a clean marble slab and turn it with a palette knife. When it is cool the chocolate can then be put back into the pan with the remainder thereby reducing the overall temperature more quickly than just allowing the pan to stand.
- d. Before using the couverture it must then be reheated to:

Plain	31°C
Milk	29°C

 and then retained in a temperature range between 32°C and 28.5°C while in use.

BAKERS COVERING

4. This chocolate can be purchased in plain or milk form and is ideal for coating cakes. It is similar, although its flavour is different, to couverture except that most of the cocoa butter is removed and replaced by a hydrogenated fat with a stabiliser such as lecithin which prevents the fat from separating. With its increased stability this chocolate does not need tempering.

Method of preparation

5. a. Grate the chocolate through a coarse grater and heat it in a bain marie to a temperature of 48°C for plain or 43.5°C for milk chocolate.
- b. Cool the chocolate as described in paragraph 3c bringing the temperature to between 40°C-43°C for the plain chocolate or 37°C-40°C for the milk chocolate.

Notes:

1. The higher temperatures shown are better for large items such as gateaux while the lower temperatures are more suitable for small flowers.
2. Supercoat, mentioned above in the introduction has similar qualities to couverture and is used in exactly the same way but it does not require tempering. It does not however have the same “snap” as couverture.
3. No water or steam must come into contact with the various chocolate or they will thicken and be unsuitable for dipping or enrobing.
4. All three types of chocolate may be used for covering or coating cakes, biscuits etc and couverture particularly for chocolates, by the methods described in the following paragraphs.

METHODS OF USE

6. a. **Dipping.** This described the immersion of whole or part of the item in the melted chocolate. Chocolates are coated to protect the fillings so the covering must be thin and remain dainty in appearance. The coating must be bright and have a good gloss which can only be achieved if the chocolate - couverture - is tempered correctly. It is advisable to have the item to be dipped at room temperature.
- b. **Enrobing.** The items for coating such as chocolates or fancies should be placed on a wire tray then masked over with melted chocolate. The same quality points which apply to dipping also apply to enrobing.
- c. **Moulding.** Moulds for items such as Easter eggs, can be made of metal or plastic. They are polished with a soft cloth or cotton wool to remove any impurities and to give a smooth surface.

METHOD FOR MOULDING

7. a. Pour the prepared chocolate into the mould and fill it up to the brim. Tap the mould to remove any air bubbles.
- b. Invert the mould over a bowl and rotate it slowly to remove the excess chocolate.
- c. Stand the mould, inverted, on greaseproof paper. Any remaining melted chocolate will run to form a flange around the inner rim.
- d. When set and before removing from the mould, trim the edge with a pastry scraper being careful not to damage the flange. Carefully remove the chocolate from the mould.

Note: If the couverture has been tempered correctly the chocolate will come away from the mould without mishap. As the chocolate cools it will contract away from the mould.

ASSEMBLY

8. a. To make an Easter egg, line the appropriate moulds with couverture. Cool, trim and remove the two halves of the egg from the moulds.
- b. Pipe a line of melted chocolate on the flange of each half of the egg then place the two halves together.
- c. The egg can then be decorated with ganache, modelled flowers, crystallised violets or ribbons.
- d. Careless handling will result in smears and finger prints and the fine gloss will be spoilt.

Note: With practice quite elaborate products for display or competition work can be produced. Using a variety of kitchen utensils as moulds and with some imagination, excellent results can be achieved.

GANACHE

9. Ganache is a mixture of chocolate couverture and cream and is very suitable for piping decorative designs. It can also be used as a luxury filling for chocolates. When making ganache it should be remembered that plain couverture will impart a strong chocolate taste, while milk chocolate couverture will have a milder flavour and more readily complement the flavour of liqueurs and spirits.

PIPING CHOCOLATE

10. Ready made piping chocolate can be purchased. However, by adding a little glycerine or stock syrup to melted chocolate it will thicken to a consistency suitable for piping. Piping chocolate is ideal for lettering, outlines and chocolate motifs for gateaux, tortes, fancies, ices etc. It can be piped directly onto a waxed paper and flavouring set can then be peeled off for use.

METHOD

11. a. Melt the couverture, bring the milk or cream to the boil and mix the two together. Leave in a cool place for 24 hours.
- b. In hot weather, adjust the consistency by adding slightly more couverture to increase the setting point.
- c. A further increase in the ratio of couverture used will firm the chocolate enough to enable it to be cut into shapes.
- d. To enable ganache to be piped from a forcing bag it must be warmed until it is light and very pliable. If it separates or curdles it should have a little warm chocolate added to it.
- e. The consistency of correctly prepared ganache should be such that it sets quickly after being piped and so retains its shape and detail.

STORAGE

12. Chocolate products are best wrapped in cellophane and stored in a cool, dark place. Wrapping helps the chocolate retain its flavour and keeps it free from dust, finger prints and other marks.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY FOUR

Speciality Cakes

1.	Introduction	6.	Run-outs
2.	Birthday cake	8.	Marzipan
3.	Wedding cake	9.	Trellis work
4.	Christening cake	10.	Piping
5.	Anniversary cake	11.	Writing

INTRODUCTION

1. Cakes for special occasions such as Wedding, Anniversary, Birthday and Christening can either be sponge or fruit. Any tier of wedding cake can be a sponge providing adequate support is provided. Wedding cakes are generally covered with royal icing, as are anniversary and christening cakes. Birthday cakes are normally covered with buttercream or fondant. Another icing which can be used is Regal Icing (Australian Rolled Fondant) this can be used to cover any cake. The advantages being, it is easy to work with, easy to cut and easier to consume.

BIRTHDAY CAKE

2. Normally only a single tier cake, it can be made from either fruit or sponge. Birthday cakes can be made to suit the customer or the occasion ie cut in the shape of a number, fort, train, animal etc. The cake can be covered with fondant or buttercream either on top or all over. The sides can also be decorated with chopped roasted nuts or toasted coconut, other decorations can be made from praline, chocolate or marzipan.

WEDDING CAKE

3. Wedding Cakes are normally made of fruit and covered with marzipan and royal icing they usually consist of one or more tiers. The icing must be strong enough to support yet soft enough to cut, and plastic or plaster of paris pillars can be employed to support the tiers. Alternatively if Regal Icing is used wooden dowels can be used by cutting them so that they protrude very slightly after inserting them in the cake and resting the pillars on top.

There are numerous ways of decorating a wedding cake:

- a. Plastic coated flowers or manufactured flowers.
- b. Run-outs and trellis work.
- c. Coloured icing (pastel colours).

CHRISTENING CAKE

4. Christening cakes are normally one tier, usually this has been retained from the wedding cake. The cakes age will determine whether it and its coating can be used. To refresh the appearance of the cake all decorations should be removed and fresh coats of icing applied. Decorations for the top (as with wedding cakes) can be purchased such as plastic stork and baby or a baby in a cradle. It is far better to use ones skill and produce a run-out, either separately or on top of the cake. The best method for storing a cake is to wrap it in brown paper, place in a cardboard box and store well away from direct light and excessive heat.

ANNIVERSARY CAKE

5. Anniversary cakes like christening cakes are normally one tier, generally fruit and covered with royal icing. It can be cut and decorated in the shape of a figure ie Silver Wedding 25 years, Golden Wedding 50 years.

RUN-OUTS

6. A run-out for any cake can either be made separately or put straight onto the cake depending on the skill and confidence of the individual, the following method applies:

- a. Make a tracing of the design to be used and either place the design onto the cake and pin prick through the paper, thereby transferring the design onto the cake, or place the tracing onto a flat surface such as a biscuit tin lid and stretch cling film tightly over the tracing.
- b. Using white icing and a number one tube, pipe over the pin pricks or over the tracing, this will form a border. Pipe all the internal lines as well thus enabling the various colours of icing to be used separately.
- c. When flooding the icing should first be coloured (strong colours can be used) as food colours will alter the consistency. Correct the consistency using egg whites, preferably old whites as this will result in a better shine. The icing should run into itself when piped leaving a smooth flat surface. Prick any bubbles that may appear before the surface dries or use a small damp paint brush and gently stroke the icing before it sets.
- d. When flooding various parts of the run-out it is advisable to allow sufficient time (minimum one hour) to dry. Flooding an adjacent section too soon will result in the colours blending together.
- e. Depth can be achieved in a run-out by flooding a part of a large area first ie leg of a dog, then after a minute or so complete the flooding (remainder of the body) slightly higher or lower. With practice this will become very easy and is extremely effective.
- f. When complete allow the run-out to dry well, preferably overnight before beginning to paint using food colours or food paints. For the best results when painting use a fine brush and refer to the original picture or print for guidance.
- g. Run-outs produced separate from the cake will dry in about 48 hours provided they are left in a dry atmosphere, they will then peel easily from the cling film. Any parts of the run-out such as arms, legs, flowers, trees etc which are likely to break when transferred to the cake, may be produced separately and added to the cake once the main body of the run-out is in position.

The size and complexity of the run-out will depend on the size of the cake, time available and skill of the individual. A good shine can be achieved on the finished product by placing it under a heat lamp or in an open area at 93°C for two minutes.

MARZIPAN

7. Marzipan is a good material to use for decorative work. It is reasonably inexpensive, can be coloured,

moulded and shaped to represent almost anything such as different fruits or cartoon characters. A point to remember when using marzipan for fruits or models is the size in relation to the cake. Again individuals will find pictures, prints or photographs of great assistance.

TRELLIS WORK

8. Trellis work on a wedding cake can be extremely effective. A simple trellis is achieved by using royal icing which is slightly tighter than for normal piping. Decide on the area to be piped and pipe a straight line between A and point B continue to pipe over the whole area in the same direction with approximately 10 mm between the lines. Allow to set for $\frac{1}{2}$ hour then pipe across the lines at an angle of 45° with 10 mm between the lines until the whole area is covered. Trellis work either curved or domed can be achieved by piping the trellis onto shapes such as a rolling pin or a dome shaped lid, then carefully removing the set. Any trimming necessary must be done before the trellis is set as once set any attempt to trim it may cause it to shatter.

PIPING

9. Piping for decoration can take many forms and as with most skills time and practice are essential. By following guidelines set down in cake decorating books some very effective finished products can be achieved. Lines whether straight or curved are piped by first placing the tip at one end and applying gentle pressure, then by raising the bag a little a thread of icing is suspended in the air so that it can be guided along the line. Pressure is released just before the end is reached and the bag is carefully lowered so that the suspended thread of piping can be placed accurately to complete the line.

WRITING

10. There are various styles of writing used in cake decoration, such as decorated letters which can be found in most cake decoration books. As with piping the bag should not be over-filled it should be held as a pen would. Monograms (letters that have been artistically intertwined) are reasonably easy to do and extremely effective.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY FIVE

Gum Paste, Pastillage

1. Pastillage
2. Making a casket

PASTILLAGE

1. Pastillage is royal icing strengthened by the addition of gum tragacanth. It is ideal for making decorative models or caskets which need to be particularly robust because of their size or the fact that they may be subjected to handling or movement. Items made from pastillage should be stored in a dry, dust free atmosphere.

Ingredients

Icing sugar	800 g
Gum tragacanth	10 g
Eggs	2
Acetic acid	6 drops
Cornflour for dusting	

Method

1. Separate the egg whites from the yolks and discard the yolks.
2. Using the two egg whites and half the icing sugar make a royal icing.
3. Mix in the powdered tragacanth, cover with a damp cloth and allow to stand for 30 minutes.
4. Add the remainder of the icing sugar. Knead to a smooth firm paste on a flat smooth surface. The amount of sugar is approximate and may be reduced or increased to vary the texture.
5. Store the paste in a polythene bag until required ensuring all the air is expelled from the bag before sealing.

MAKING A CASKET

2. The paste should be rolled out using a very smooth rolling pin and cornflour for dusting. It can then be cut into a variety of shapes using templates cut from card. A wide range of curved panels can be produced by using improvised formers such as bowls, ladles, spoons and plates.

a. Making a casket is straightforward but when rolling out the paste speed is required. If the paste is exposed to air for too long it will quickly dry and crack. Cutting must be clean and accurate to reduce excessive handling and trimming at a later stage.

b. For the best results, paste should be rolled out to a thickness of 2 mm. Having decided upon the design of the casket, make the necessary templates and cut out the base, lid and sides, beginners working with pastillage are advised to cut extra panels in case of breakages. Only use sufficient paste for the job in hand and mix any trimmings with fresh paste for re-use.

c. Allow the panels to dry thoroughly. The drying process may be hastened by putting the panels on a flat surface such as a pastry board or sheet of glass then placing them in a hot cupboard or open oven at a very low temperature - distortion will occur if too high a temperature is used. To mould feet for the base, use a parisienne cutter or similar tool and dry in the same way.

d. When fixing the casket together use royal icing of an identical colour to the casket. Tidying up the joints at this stage is advisable rather than when the joints have set. Any rough edges can be removed by carefully rubbing with fine glasspaper.

e. Gum paste can be coloured with food colourings. Sufficient paste must be coloured at one time to complete the whole lot as matching at a later stage

will prove difficult. The finished casket will look better if very light or pastel shades are used.

f. The lids and side panels can be suitably embellished with floral sprays, painted scenes, badges, moulded objects, figures or relief piping.

g. Badges can be made by first producing a mould by pressing a badge into soft pastillage. Allow this to dry thoroughly after which castings can be taken and highlighted with the wide variety of food colours or paints available.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY SIX

Pulled and Souffle Sugar

1. Introduction
2. Working temperature

INTRODUCTION

1. Lifelike and artistic reproductions of such items as sugar flowers and ribbons can be made using pulled and soufflé sugars although to achieve high standards in such a skill requires some natural artistic flair and considerable practice and experience. The notes below are intended to give the beginner sufficient knowledge to attempt to develop the basic skills. Those who find such work enjoyable and satisfactory will be able to obtain specialist books containing greater detail about the subject.

Equipment required

- a. Sugar boiling thermometer
- b. Ribbon frame
- c. Two copper saucepans
- d. Marble slab
- e. Pastry and artist brushes
- f. Confectionery colours
- g. Blow pipe
- h. Steel plates
- i. Two bar electric fire
- j. Pastry ovens
- k. Glass cases
- l. Silica gel
- m. Naked flame ie a gas jet; a small paraffin night lamp is very good if fuelled with methylated spirits.
- n. Banana, pear, apple, peach, orange and leaf shaped. Other moulds such as ribbon frame and basket frames can be improvised.
- o. Basket frames.
- p. Wooden or metal pegs.
- q. Wire for handles and flower stems.
- r. Palette knives.
- s. Scissors.
- t. Cooks knife 11cm long

Ingredients

Cube sugar	800 g
Liquid glucose	150 ml
Water	300 ml
Lemon	1

Method

1. Put the ingredients into a copper saucepan, insert a sugar thermometer and boil stirring occasionally to a temperature of 155°C.
2. Occasionally wash down the side of the pan with a pastry brush dipped in hot water, this prevents the sugar graining.
3. Remove the sugar from the heat and pour it onto a lightly oiled marble slab.
4. Allow the edge of the sugar to become firm, then lift it with a palette knife, always turning to the centre until the whole mass thickens.
5. The stretching and folding process must begin whilst the sugar is very hot.
6. Move the mass of sugar to a heated marble slab. Stretch the sugar by holding it steady with one hand and shape it into a 10 cm wide strip, folding into three as for puff paste turns. This process should be repeated about 12 times.

7. The sugar will be getting quite firm and the pulling should begin in earnest. No time must be lost as the sugar will begin to set rapidly.
8. Lift the sugar up using both hands and pull it to a length of 50 cm, holding it vertically.
9. Fold this over into a loop, the lower hand bringing the sugar to the upper hand and repeat this operation until the whole mass becomes slightly creamy and a high sheen has developed.
10. Shape the sugar into a ball and place it on a slightly oiled steel plate, keeping it hot enough to be worked and shaped as required.

KEEPING THE SUGAR AT WORKING TEMPERATURE

2. There are two methods for keeping the sugar at the correct working temperature:

- a. In the doorway of a fairly hot oven.
- b. By an electric fire mounted on a robust frame about 45 cm above the sugar. Do not mount this in such a position that the heat is directed onto the marble slab which must remain cool at all times. This allows a variety of controlled heat ranges ensuring maximum flexibility in the moulding of the sugar.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY SEVEN

Potato Work

1.	Introduction	11.	To make the basket
2.	Making of the framework	14.	Frying
6.	Preparation of the potatoes	16.	To make the handle
8.	To prepare for first cut	17.	To make the base
9.	To prepare for second cut	19.	Potato dowelling sticks
10.	Soaking	20.	Assembly of the complete basket

INTRODUCTION

1. To successfully make and present attractive works in potato requires patience and skills which can only be acquired by practice. This section gives an insight into the techniques and equipment required to produce a simple potato basket. With experience more ambitious projects can be attempted.

Equipment required

- a. Base of plywood in various sizes
- b. Wood dowelling rods 6 mm in diameter
- c. Stationery pins
- d. Butchers twine
- e. Pliers
- f. Scissors
- g. Paring knife
- h. Mandolin
- i. Pan for frying

Soaking solution

This solution is required to soak the prepared potato.

Ingredients

Water	1 ltr
White vinegar	25 ml
Salt	teaspoon
Sodium Metabisulphate	5 g

Method

Mix all the ingredients together and allow them to dissolve in a glass, china or stainless steel container.

Frying medium - Vegetable cooking oil.

MAKING OF THE FRAMEWORK

2. Take a sheet of plywood then mark out and cut a base to the desired shape usually oval or round. Draw a line 13 mm in from the outside of the base. On this line mark the positions for drilling of uprights allowing 13 mm between the centre of each hole.

3. Note that it is essential to have an odd number of holes. Drill completely through the wood base at each mark with a 6 mm drill. The holes can be drilled with an outward slope to give a better effect to the finished potato basket.

4. Now cut the lengths of dowelling rods to the required length, at least 5 cm higher than the intended height of the finished basket.

5. Fry all the prepared wood in oil or fat. This will destroy any resin and coat all surfaces to prevent the potato sticking. When the wood is cold insert the dowelling rods.

PREPARATION OF THE POTATOES

6. The best potato for this type of work is Maris Piper. Select large potatoes and peel and rewash them in the normal fashion.

7. For successful weaving, two distinct cuts are made from the potato and each type of cut is used in a specific way. They are referred to, for easy reference as first cut for a commencing and finishing weave and making the basket uprights and second cut for the middle weave and making the handle.

TO PREPARE FOR FIRST CUT

8. Set up a mandolin with the plain blade to cut at 4 mm thick. Slice off lengthways two pieces of potato and discard. Cut the remaining potato into slices. From each slice, with a sharp small knife, pare around in a constant spiral 4 mm thick until the whole slice is cut. The result should now resemble a long length of spaghetti. Roll this up into its original shape and place it into the soaking solution.

TO PREPARE FOR SECOND CUT

9. Open up the mandolin blade to its widest cut. Cut the first slice and discard. Cut the remaining potato into thick slices and repeat the spiral paring process used for the thinner slices. Roll up and place into the soaking solution.

SOAKING

10. The potato strips need to be soaked in the solution for at least 30 minutes. When ready for use it should feel like cooked spaghetti.

TO MAKE THE BASKET

11. Take a length of first cut potato, sufficient in length when doubled to pass one and a half times around the basket framework. Fold in half and hook the loop over a dowelling rod then holding a strand in each hand work one of the strands behind the adjoining rod and the other strand in front of the same rod. This weave should resemble a figure of 8 and is called double weave. Continue this method until the start point is reached then pass the ends inside the basket and secure them to the plywood base with a stationery pin.

12. The main body of the basket is now completed using the second cut potato strips and utilising a simple weave in and out between the rods. Care must be taken to ensure that when joining any ends together this is neatly done to prevent unsightly gaps in the weave. Once the desired height is reached the end strand is again pinned to the inside of the plywood base.

13. To complete the top of the basket take a strand of the first cut potato and repeat the original double weave process. Again pin down the ends to the plywood base.

14. Now take a suitable length of butchers twine and repeat a double weave on top of the finished potato basket. This will hold the potato in place whilst frying.

Note: Do not weave the potato tightly as a misshapen basket will develop and the removal of the dowelling rods will prove difficult.

FRYING

14. Fry the basket on its base, in clean oil, at a temperature of 116°C. The exact length of time will vary depending on the water content of the potato, the size of the basket and the thickness of the potato. The finished article should be a pale biscuit colour and firm and crisp to the touch.

15. When the basket is cooked remove it from the fat and immediately remove the dowelling rods carefully, with pliers, then remove the butchers twine. Cut off the secured ends with scissors and remove these from the base. Place the basket onto a clean board and when cool, store in a moisture free atmosphere.

TO MAKE THE HANDLE

16. Take three strands of second cut potato and plait in the normal way. Put sufficient dowelling rods into the plywood base to make a semi-circle and secure the plait around the outer edge with stationery pins. Fry as described above, then remove from the base and trim and store with the basket.

TO MAKE THE BASE

17. Take a square of plywood slightly larger than the original base. Using a second cut of the potato lay parallel strips sufficient to cover the board and secure these at both ends with pins then using similar strips cover with a layer running at right angles to the first layer and also secure these with pins. Fry in a similar fashion to the basket.

Note: The outer edges may become discoloured but this will not matter.

18. Now make a template of cardboard to the exact size of the inside of the potato basket. When the flat weave is cooked, remove it from the fat and whilst still hot cut out the base using the template and a very sharp knife. Store as before.

POTATO DOWELLING STICKS

19. Using the remaining first cut potatoes pin out sufficient straight lengths on to the flat square of plywood to fill all the dowelling holes. Fry as before. Whilst still hot remove the pins and cut to the desired length. Store as before.

ASSEMBLY OF THE COMPLETE BASKET

20. Using a suitable glue such as a fish base glue, assemble the basket as follows:

- a. Glue the basket base to the inside of the basket.
- b. Insert the potato dowelling rods securing these with a little glue.
- c. Glue on the handle using suitable props to hold it in place whilst the glue hardens.
- d. When the glue is set fill the basket with souffle potatoes, game chips or gaufrette potatoes.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY EIGHT

Spit Roasting

1.	Introduction	14.	To Test for Cooking
3.	Choosing and preparing the ox	15.	Service
6.	Preparations for roasting	16.	Transport
9.	The Spit Frame	17.	Summary
10.	The Fire		

INTRODUCTION

1. Spit roasting was probably the original and most common way of cooking meats, fish and poultry. Equipment and facilities which have evolved over the centuries have caused it to be almost discarded as a method of cooking and nowadays it finds very little use except as an eye catching spectacle which is mainly carried out at venues where large groups of people gather to celebrate a special occasion.

2. Whilst providing a simple and easy method of cooking large joints spit roasting whole animals involves a considerable amount of planning and preparation and this chapter is devoted to providing guidance about the planning and execution of the procedures involved in successful spit roasting.

CHOOSING AND PREPARING THE OX

3. The size of the ox chosen will be dictated by the number of customers expected. The maximum ratio of meat to bone is found in beasts weighing between 220 kg and 400 kg, the largest size yielding approximately 3,000 slices but this is also dependent on the skill employed when cooking and carving. Almost half the weight of the animal is lost as a result of the preparation process, cooking shrinkage and bone waste.

4. Ideally an animal being slaughtered for spit roasting requires to be prepared a little differently to one which will be cooked by more conventional means and the special instructions to the slaughterer should specify that:

- a. The belly should only be cut sufficiently for evisceration and not full length as is usual.
- b. Have the head, skin, hooves and tail removed. The kidneys and fillets should always be removed and cooked separately.
- c. The carcass should then immediately be impaled on a steel rod or tube so that it will set in the required position. To do this the following items are required:
 - (1) One 4 metre long steel rod or tube, possibly a scaffolding pole.
 - (2) 3 one metre long steel rods or tubes of 25mm diameter threaded at both ends.
 - (3) 6 wing locking nuts.

5. The 4 metre long pole should have holes drilled in it at places to allow passage through it by the threaded rods. This pole should be inserted through the carcass from rump to head, as it will form the main support for the carcass during roasting. The shorter rods are then inserted through the carcass and the main supporting rod at a 90° angle and secured in place by the wing locking nuts. This procedure ensures that the carcass sets into the correct position and shape during the onset of rigor mortis. The rods also enable heat to be transferred to the interior of the meat during the roasting process.

PREPARATIONS FOR ROASTING

6. Ideally the site should be firm, level and well drained. However, the choice of the site may not be left to you. For example, you may have to roast the ox in the middle of a field or in a market square of a town. What is certain however is that you will be responsible for your own layout and organisation. The following essential items are required to be located on site:

- a. Fire box.
- b. The spit.
- c. Table for service.
- d. Rope barriers to keep the public at a suitable distance.
- e. Open sided canopy or shelter in case of inclement weather.
- f. Cooking and service equipment.
- g. Fuel in its appropriate storage area.

h. Sledge hammer.

7. In a field location it may be necessary to have a caravan or tent available for the cooks to rest in. When situated in a town centre a hotel room might be more convenient.

8. To build the fire box requires some skill since the fire must burn correctly and be of suitable dimensions to adequately roast the ox.

a. Materials required:

- (1) 60 double holed breeze blocks 46cm x 23cm x 23cm.
- (2) Heavy duty expanded metal mesh 2.5m x 1.75m.
- (3) 12 x 1.5m angle iron posts to act as a wall.

b. Method of construction:

- (1) Lay out the first row of blocks.
- (2) Lay the second course of blocks.

Note: To assist ventilation some blocks in both of these courses should be set on their sides.

- (3) Bend the back and front edges of the mesh up 30cm and the sides up 15cm. This will form a basket for the fire.
- (4) Place the fire basket into the fire pit.
- (5) Complete the fire pit by laying 4 more courses of blocks.

Note: It may be necessary to buttress the walls with the angle iron posts.

THE SPIT FRAME

9. The spit frame should then be constructed from scaffolding. This will support the ox during roasting.

a. Materials required:

- (1) Two 3m long scaffold poles which are about 5cm in diameter.
- (2) Two 2.5m scaffold poles of similar diameter.
- (3) Eight 1.5m scaffold poles of similar diameter.
- (4) 4 paving slabs which are 61cm square by 5cm thick.
- (5) 4 scaffold foot plates.
- (6) 8 scaffold clamps (to join the poles).
- (7) Cartwheel or similar object to fasten to the ox pole to facilitate roasting the carcass.

b. Method of construction:

- (1) Place one paving slab at each of the 4 outside corners of the fire box flush with the base of the 2 end walls.
- (2) Place one scaffold foot plate on each base.
- (3) Place one 1.5m pole into each foot so that they stand upright.
- (4) Join a 3m pole to the 1.5m uprights at the rear of the fire box wall 15cm from the top of the upright using 2 scaffold clamps.
- (5) Using a 1.5m pole construct supports for the 2 front uprights, thereby forming a tripod.
- (6) Secure the 2.5m poles from front to rear at each end of the fire box to be clamped to the front tripods and above the rear 3m pole. The overall construction should fit flush to the fire box walls, to prevent the frame tipping forward when the ox is in position.
- (7) When the ox is to be roasted it will be placed onto the 61cm overlap at the front of the spit frame with the wheel attached to the centre pole. This will allow the ox to be roasted easily and to be moved towards or away from the fire.
- (8) The second 3m pole can be placed on the spit frame without securing it between the side walls and the ox to support the metal heat deflectors used when required during the cooking process.

THE FIRE

10. It is important that the fire is properly laid. Charcoal is expensive and may have to be ruled out because of high cost, however the fuels listed below are good substitutes.

- a. **Materials required:**
 - (1) Kindling wood (dry).
 - (2) 100 kg of coal.
 - (3) 600 kg of coke.
 - (4) 100 kg of dry logs. Although logs are cheap it is difficult to maintain an even flow of heat and they also produce quite a lot of smoke.
- b. **Alternative materials:**
 - (1) Strip wood and shavings from a timber yard to start the fire.
 - (2) 100 kg of coal.
 - (3) 700 kg of coke.
- c. **Method of lighting the fire and its maintenance:**
 - (1) Lay some newspaper on the wire mesh and cover it with kindling or strip wood and shavings.
 - (2) Place on sufficient coal to give a good fire.
 - (3) Light and when burning well add the remainder of the coal to give a good heat before the ox is placed in position.
 - (4) Coke should be added when required to give a fire which burns strongly. Initially the bulk of the fire should be at both ends of the fire box, towards the fore and hind of the ox. The centre of the fire should be less strong as the middle parts of the animal are less dense and require less cooking. After approximately 2 hours cooking the fire should be drawn towards the centre to ensure that the ox is evenly coloured.
 - (5) Constantly check the fire while the ox is being turned and keep the fire clean at the bottom. Ensure that there are no smoky coals as these will spoil the taste of the meat.
- d. **Fire equipment:**
 - (1) Metal poker
 - (2) Shovel
 - (3) Rake
 - (4) Bass broom
 - (5) Fire extinguisher

STAFF

11. In order to ensure that the ox roast is successful it is necessary to have adequate staff present. The number required will depend to some extent on whether the meat is to be given free to the public or sold. The basic staff requirement is as follows:

- a. Chef supervisor
- b. Two cooks
- c. Stoker
- d. Service staff as appropriate

COOKING THE OX

12. **Equipment required:**
 - a. 2 corrugated metal sheets
 - b. One 1.8m table
 - c. 2 large drip trays
 - d. One 4 inch brush
 - e. Dishes for dripping
 - f. Greaseproof paper
 - g. 3 knives for carving
 - h. 3 forks for carving
 - i. Butchers steel
 - j. 2 ladles
 - k. Cooks cloths

METHOD OF ROASTING

13. Roasting the ox is a lengthy affair and may take anything from 14 to 24 hours depending on its size and the heat of the fire. The success of the cooking depends greatly on ensuring that the meat is constantly basted during the roasting process and that the heat from the fire is carefully regulated whilst the carving and cooking procedures continue. The roast should be started about 14 hours before initial service:

- a. Place the ox on the spit 40cm to 60cm from the fire. The larger the carcass the further it must be away from the fire.
- b. Place drip trays underneath the carcass.
- c. Seal the outside of the meat without scorching or it will be discoloured and hard, this will prevent heat penetrating to the inside and the meat will have disagreeable taste.
- d. The meat will now start to ooze fat and juices which will fall into the drip trays. This fat is to be used to baste the carcass and this must be done continuously.
- e. At this stage ensure that the bulk of the fire is at each end of the fire box and not at the centre.
- f. Rotate the spit continuously to ensure even cooking. This demands skill as care must be taken to ensure that when the thicker parts of the ox are near the fire the spit must be turned slowly and when the thinner parts, the flank and belly are near the fire it is turned more quickly.
- g. Use the corrugated sheets as heat deflectors. If one end of the fire is too hot place a sheet between it and the ox. This will help to prevent burning or scorching and will aid even cooking and colouring.

TO TEST FOR COOKING

14. The meat will appear to be cooked well before it actually is. To be certain it is cooked:

- a. Press the lean parts of the meat with the fingers. If the meat is firm and springs back when pressed it is a sign of it being cooked enough to start carving. If it does not, continue cooking.
- b. Although after a number of hours the ox may visually appear to be fully cooked this will not be the case and it is important to regulate the carving so that it is carried out over the whole of the outer layer enabling the carcass to continue cooking evenly throughout the whole process.

SERVICE

15. The manner of service will depend on whether the meat is being distributed free or if it has to be paid for. In either case the following basic equipment will be needed:

- a. Service counter or tables
- b. Table cloths or sheets
- c. Serving tray
- d. Serving utensils
- e. Containers to hold the serving equipment
- f. Paper serviettes

Note: There may also be a requirement for condiments and accompaniments as decided.

TRANSPORT

16. **Transport.** Large enough to carry the ox from the slaughter house to site may be required if the slaughterers will not deliver. It is also advisable to have a safety vehicle on site in case of accidents. There is also a requirement to transport building materials to and from the site prior to and after the event.

SUMMARY

17. A successful ox roast efficiently cooked and served is a considerable and unusual achievement and a source of satisfaction for those involved in its organisation and execution. It is also a novel and tasty treat for those attending. Ensure that yours is a success by following

the simple instructions given in this section and using a little imagination. You may of course wish to roast something smaller perhaps a pig or a sheep. The methods to be used are exactly similar.

PART 5 - SPECIAL SKILLS

CHAPTER FIFTY NINE

Bottling

1.	Introduction	15.	Bottling vegetables
2.	Equipment	18.	Bottling chart fruit water bath method
3.	Preparation of fruit	19.	Bottling chart fruit pressure cooker method
5.	Packing the bottles	20.	Bottling chart fruit oven methods
6.	Methods of processing	21.	Bottling charts vegetables
11.	Testing the seal		
12.	Storage		
13.	Bottling pulped fruit		
14.	Uses		

INTRODUCTION

1. Bottled fruits are a delicious and practical addition to a store cupboard. They can be used to liven up desserts and pies at times when seasonal fruits are not available. Bottling is one of the methods of preserving food by heat, and will only be successful if the processing is efficiently and correctly carried out and the bottles are completely sealed for storage. Home bottling of vegetables is not recommended unless a pressure cooker with a very accurate pressure control is available. The reason for this is that vegetables are low in acid and may contain forms of bacteria which are resistant to heat. They may also contain a toxin which develops during storage that could cause fatal food poisoning. It is possible that this would not be destroyed during normal processing unless the sterilisation temperature is higher than the boiling point; this must be at least 115°C which can only be achieved in a reliable pressure cooker. However, it is inadvisable to try unless you are really experienced in using a pressure cooker. On the other hand food that contains a high percentage of acid like fruit and tomatoes are ideal for bottling as the acid inhibits the growth of bacteria and prevents formation of toxin. Different fruits vary in the amount of acid they contain and those with a lower content require to be processed for a longer time.

EQUIPMENT

2. There are two types of bottles specially made for this purpose, one with a spring-clip and the other with a screw band. These are available in various sizes and are obtainable from hardware, kitchen equipment or department stores. Whichever type of bottle is used, it must not be chipped or cracked and should be scrupulously clean. If glass lids are used these should not be chipped. Metal lids should not be scratched or damaged in any way.

a. Clip-sealed bottles have a rubber ring between the lid and rim of the bottle. This helps to form a complete seal when the bottle has been processed. During the processing the lid is kept on by spring-clip which allows any air and steam to escape. When the bottle is cooling the clip holds the lid in position while a vacuum is forming inside the bottle. These are removed when the bottles are stored.

b. Screw-band bottles either have glass lids and separate rubber rings or, more generally, a metal lid fitted with a rubber ring, kept in place by a band which screws on. During processing (except during the oven methods) this band should be loosely screwed on and then tightened while the bottle is cooling. If you are using a separate rubber ring make sure they are the correct size. Always use new ring; once used they will not stretch and will not form a satisfactory seal the second time around. Before using rubber rings, soak them in warm water for about 10 minutes then quickly dip into boiling water immediately before use.

c. A large container for processing the bottles is another essential. If the processing is done on top of the cooker then the container must have a false bottom (a wooden or wire rack is ideal) so that the bottles do not come into direct contact with the container. If they do they will crack. The container also must be deep enough to hold sufficient water to cover the bottles completely. Special bottling pans are available and one of these is a good investment if a lot of bottling is undertaken each year. However, if you use the oven method, a large asbestos mat is necessary to stand the bottles on. Other useful items of equipment are a thermometer, a long handled spoon, a pair of tongs and a heat-proof jug.

PREPARATION OF FRUIT

3. Fruit used for bottling must be fresh and clean. Wash the fruit in cold water and leave to drain in a colander. Soft fruits eg

raspberries, blackberries and loganberries can be soaked for a few minutes in salted water to remove any grubs or insects, rinsed in fresh cold water and left to drain. Hull fruits such as raspberries and strawberries, "top and tail" gooseberries and blackberries. Remove the peel and pith from citrus fruits, cut the segments away from the tissue and remove any pips. Pears and apples are best peeled, cored and cut into slices or quarters. Apricots, peaches and plums may be bottled whole or halved with the stones removed. Fruit may be bottled in plain fresh water or syrup. Syrup is preferable as it helps to preserve the colour and flavour. The strength of the syrup depends on the sweetness of the fruit and also how it is packed. The proportions are generally 200g sugar to 500ml water. Dissolve the sugar in the water over a moderate heat and when the sugar is dissolved boil for one minute. If the syrup is cloudy, strain it through muslin as clear syrup gives a better finish to the fruit. The sugar used for syrup may be granulated or loaf or for a different flavour, honey or golden syrup could be used instead. The syrup is used either cold or very hot, depending on the processing method.

4. A brine solution is best for tomatoes. Make it with 10g of salt to 1 litre of water. If the tomatoes are packed solidly no water is necessary but 5g of salt should be added to each 450g of tomatoes.

PACKING THE BOTTLES

5. Rinse the clean bottles in cold water, drain them but do not dry, it is much simpler to pack the fruit into wet bottles as it slips down more easily. Fill with the prepared fruit and press down well. Make sure the fruit is tightly packed but be careful not to bruise it. Fill the bottles to within 10mm of the rim then pour the syrup or water over the fruit a little at a time. Twist the bottle from side to side after each addition to remove any air bubbles.

METHODS OF PROCESSING

6. Processing the bottles may be carried out on top of the cooker, in a pressure cooker, or in the oven; the first is known as the water-bath method, the latter the oven method. Times and temperatures for different fruits and methods are given in the charts at the end of this section. The water-bath method is the most reliable and economical but needs a container large and deep enough to allow bottles to be completely immersed. The pressure cooker method shortens the cooking time and ensures that the temperature is controlled exactly. The oven method, while more convenient is less exact as the temperature is difficult to maintain and also the processing time is much longer.

7. There are 2 variations of the water-bath method. They are:

a. **Slow Water-Bath.** Pack the bottles with fruit, place the lid on top and secure it with a spring clip or screw-band. Place the bottles in a deep container, making sure they do not touch each other or the sides of the container. Completely cover them with cold water, cover the container with a lid, if no lid is available a pastry board is a good substitute. Bring the water to the boil. The temperature of the water should be raised gradually from cold to 55°C in one hour and up to the required temperature in another half hour. If the water is heated too quickly then more time may be needed at the maximum temperature to enable heat to penetrate the fruit in the centre of the bottle. When the processing is finished remove the bottles from the container using a pair of tongs and place them on a wooden table or board. Tighten the bands on the screw-topped bottles and leave for 24 hours before testing that the seal is complete.

b. **Quick Water-Bath.** This method is similar to a. and is recommended when no thermometer is available. However, temperatures are given for those who have a thermometer in order to achieve the best results. The main

difference between methods a. and b. is that hot syrup at 60°C is poured into the packed bottles which are then placed in the container and covered with warm water at 38°C. Water should reach 88°C after 30 minutes and should be kept simmering throughout the whole process. If the bottles are over 1kg capacity extra time will be required. Remove and finish the jars as in method a.

PRESSURE COOKER

8. This is a quick method of bottling fruit, as the temperature of boiling point is raised when under pressure, so reducing the processing time and saving energy. The pressure for bottling should be L. Pressure cookers are fitted with a weight gauge which is measured either by the appropriate weight or by the letters L, M or H, which stands for low, medium or high. When using a pressure cooker for bottling it is always advisable to follow the manufacturers instruction booklet. However the basic principles are the same as in the other water-bath methods: the cooker must be deep enough to hold the bottles and have a trivet or rack in the bottom. There should be 850ml of water in the cooker before the trivet or rack and bottles are put in and it should be at boiling point before the filled bottles are inserted.

9. The fruit is packed into warm bottles and boiling syrup poured on top leaving 25mm head space. Cover the bottles and place them in the cooker making sure they do not touch each other or the sides. Cover the pan and bring up to L pressure over moderate heat and process for the times given in the chart. Leave the bottles for the times given in the chart. Leave the bottles in the cooker and allow the pressure to reduce at room temperature. Remove the bottles and complete as in the previous methods.

OVEN METHOD

10. There are 2 variations of the oven method. They are:
 - a. **Slow oven method.** This method is not suitable for light coloured fruits which discolour in air, apples, pears, peaches or for solid pack tomatoes. The fruit will go brown and the temperature is not high enough to penetrate a solid pack. It is however suitable for gooseberries and dark coloured fruits such as Victoria plums, black cherries, blackberries or blackcurrants. Preheat the oven to 120°C. Pack the bottles with the fruit but do not pour over the syrup or liquid. Place the lids on top, but without clips or screw-bands. Place the bottles on an asbestos mat or a piece of thick cardboard it is easier if these are placed on the centre oven shelf first, allowing at least 50mm between the bottles and the sides of the oven. After the processing time remove the bottles one by one and fill quickly to the top with boiling syrup, securing the lids with clips or screw-bands immediately. Sometimes the fruit may shrink down in the bottles in which case add fruit from another bottle before pouring over the syrup. The way to success with this method is to quickly fill and seal the bottles as soon as they are removed from the oven. Leave overnight and test for seal.
 - b. **Moderate Oven Method.** This method can be used for all types of fruit and also for solid pack tomatoes. Preheat the oven to 150°C. Pack warm bottles with the fruit and pour in boiling syrup or brine leaving 25mm head space. Place the lids on top but not the clips or screw-bands. Put the bottles 50mm apart on a baking tray lined with newspaper and place in the centre of the oven. After the processing time, secure the lids with clips or screw-bands. Leave for 24 hours and test for seal.

TESTING THE SEAL

11. Testing the seal is necessary to ensure that a complete vacuum has been formed during the processing and there is no air in the bottles which would quickly cause mould to grow on the fruit. After the bottles have been left for 24 hours and are completely cool, remove the clips or screw-bands. Lift the bottles

carefully by the lids. If these are tight and secure the seal is complete. The clips should be washed, dried and set aside for future use. The screw-bands may be replaced after being washed, dried and greased on the inside with a little oil. Be careful not to screw them back on too tightly as they may be difficult to remove after the bottles have been stored. If the lids are loose the fruit should be reprocessed, the liquid should be poured off and reheated separately except when using method one or used within 2 days. Label each bottle with the name of the fruit, date processed and whether with water, light or heavy syrup, or brine.

STORAGE

12. The bottles should be stored in a cool, dry, dark place and if a lot of bottling is done throughout the year use them on a "first bottled first used" principle.

BOTTLING PULPED FRUIT

13. Bottling pulped fruit is a convenient and simple way of preserving fruit and is ideal for uneven sized fruits and those that may be slightly bruised providing the bruised parts are discarded. Stew the fruit in a little water and add sugar to taste; for tomatoes add a little salt and sugar. When the fruit is soft and pulped pour it into hot jars, cover with lids and seal with clips or screw-bands. Process the bottles as in method one.

USES

14. Bottled fruit may be used straight from the bottle and served cold as a dessert or as part of many hot or cold baked desserts. Citrus fruit such as oranges particularly Seville, lemons and grapefruit are useful for making marmalade. If the fruit has been bottled in syrup take note of how much sugar has been used and subtract this amount and the amount of the liquid before adding the required amounts for marmalade making.

BOTTLING VEGETABLES

15. As already emphasised, the bottling of vegetables should only be carried out in a reliable pressure cooker, if in doubt it is wise to check with the manufacturer of the cooker. As the processing is rather lengthy it is sensible to bottle the more expensive vegetables and those with a short season such as asparagus, sweetcorn, red and green peppers, peas or beans. Vegetables should be young and very fresh and processed as soon after gathering as possible. After preparation they should be washed in cold running water. Vegetables must be blanched and thoroughly drained before bottling them, pack them into sterilised, warm bottles. This helps to retain the colour of the vegetables and causes them to shrink slightly making them easier to pack into the bottles. Do not pack them tightly or press them down. Fill the bottles with boiling brine made with 25g of salt to 1 litre of water leaving 10mm head space.

16. Green food colouring may be added to the brine to retain the colour of vegetables such as peas and beans. Cover the bottles in the same way as for fruit. Follow method 3 for the processing except for the pressure and length of time. Place the covered cooker over medium heat and reduce it to low when steam starts to escape through the vent. Bring up to M pressure and maintain this for the required time, between 30 and 50 minutes. This may vary according to the type of pressure cooker, so check in your instruction manual first.

RED OR GREEN PEPPERS

17. Peppers can be bottled using a pressure cooker although the method is slightly different from other vegetables as no brine is required. Blanch the peppers the younger the better for 4 minutes in boiling water. Remove the outer skin, then cut in half and scrape out the seeds and white pith. Pack in tight layers in sterilised jars. Prepare the jars as for other bottled vegetables and cook under M pressure for 40 minutes.

BOTTLING CHART FRUIT
WATER-BATH METHOD

18.

<i>Item</i>	<i>Slow Water Bath</i>		<i>Quick Water Bath</i>	
	<i>Temperature</i>	<i>Processing</i>	<i>Temperature</i>	<i>Processing</i>
(a)	(b)	(c)	(d)	(e)
Apples	74°C	10	88°C	2
Apricots	83°C	15	88°C	10
Blackberries	74°C	10	88°C	2
Cherries	83°C	15	88°C	10
Citrus Fruits	83°C	15	88°C	10
Currants (black, red and white)	83°C	15	88°C	10
Damsons	83°C	15	88°C	10
Gooseberries	74°C	10	88°C	2
Greengages	83°C	15	88°C	10
Loganberries	74°C	10	88°C	2
Peaches	83°C	15	88°C	20
Pineapples	83°C	15	88°C	20
Plums	83°C	15	88°C	10
Raspberries	74°C	10	88°C	2
Rhubarb	74°C	10	88°C	2
Strawberries	74°C	10	88°C	2
Tomatoes	88°C	30	88°C	40

Notes:

1. Cols (b) and (d): Indicates sterilisation temperature.
2. Cols (c) and (e): Processing time in minutes.

BOTTLING CHART FRUIT
PRESSURE COOKER METHOD

19.

<i>Item</i>	<i>Time at low pressure in minutes</i>
Apples	1 min
Apricots	1 min
Blackberries	1 min
Cherries	1 min
Citrus fruits	1 min
Currants (black, red and white)	1 min
Damsons	1 min
Gooseberries	1 min
Greengages	1 min
Loganberries	1 min
Peaches	3-4 mins
Pineapples	1 min
Plums	1 min
Raspberries	1 min
Strawberries	1 min
Tomatoes	5 mins

BOTTLING CHART - FRUIT

OVEN METHODS

20.

<i>Item</i>	<i>Slow Oven</i>	<i>Moderate Oven</i>
(a)	(b)	(c)
Apples	(2)	30-40
Apricots	(2)	50-60
Blackberries	45-55	30-40
Cherries	55-70	40-50
Citrus fruits	(2)	40-50
Currants (black, red and white)	55-70	40-50
Damsons	55-70	40-50
Gooseberries	45-55	30-40
Greengages	(2)	40-50
Loganberries	45-55	30-40
Peaches	(2)	50-60
Pineapples	(2)	50-60
Plums	(2)	40-50
Raspberries	45-55	30-40
Rhubarb	45-55	30-40
Strawberries	(2)	30-40
Tomatoes	80-100	60-70

Notes:

1. Processing time in minutes for 450g - 1.8kg.
2. (2) method not recommended.

BOTTLING CHART - VEGETABLES

21.

<i>Item</i>	<i>Blanching Time in Minutes</i>	<i>Blanching Time in Minutes</i>
(a)	(b)	(c)
Asparagus (1)	2-3	35
Beans broad (2)	3	40
Beans French	3	35
Beans runner	3	35
Peas	2	45
Peppers, green and red	3-5	40
Sweetcorn	3	50

Notes:

1. Tie in bundles of 6. Pack into bottle with stalks uppermost.
2. Broad beans may turn brown during sterilisation.

PART 5 - SPECIAL SKILLS

CHAPTER SIXTY

Chutneys and Pickles

1.	Introduction	3.	Chutney
2.	Equipment	5.	Pickles

INTRODUCTION

1. Pickles and chutneys are often thought to be similar. However, while both are preserved with vinegar and spices, the similarity ends there. Pickles require a different processing method to chutneys, and do not need to be cooked for such a long period of time, the exception being fruit pickles where the fruit is heated gently to allow the vinegar and spices to penetrate. Chutneys are generally made with a mixture of ingredients but most pickles are made from individual fruits or vegetables.

EQUIPMENT

2. Pans should be large enough to contain all the ingredients. Brass, copper or iron pans should not be used as they react with the vinegar and give a metallic flavour to the chutney. A long-handled spoon is required. Heat-proof jars of any type can be used to contain chutney. These should be clean, dry and warm before pouring in the finished produce. A large ladle or heat-proof jug is useful, especially when making a large quantity of chutney, it makes it easier to fill the jars. The covers are most important. Paper or jam covers should not be used as these allow the vinegar to evaporate and allow the chutney to shrink and become dry. Special rolls of vinegar proof paper is available and this is secured to the jars by tying with string. Special preserving or bottling jars are suitable, either with screw-on or clip-on lids. Jars with tight fitting corks may also be used, providing the corks are new. They should be bottled before using, then covered with a piece of greaseproof paper and tied into the tops of the jars with string. Make sure that any metal cover is well lacquered and not scratched. To be on the safe side it is advisable to place a disc of vinegar-proof paper on top of the chutney/pickle before screwing on metal lids.

Note: All chutneys/pickles should be labelled with the name and date then stored in a cool, dry, dark place. Providing they have been correctly covered and stored most chutneys/pickles will keep for between one and two years.

CHUTNEY

3. Chutney is a condiment made with a mixture of fruits and/or vegetables which are preserved by the addition of vinegar, salt and spices. Although they are now a popular and accepted preserve throughout the world they originated in India, the name chutney being derived from the Hindu word chatni. One of the great advantages of making chutney is that many types can be made at any time of the year without being confined to seasonal produce. For example, many chutneys are made with dried fruits, others use fresh fruits and vegetables that are available throughout the year. There are those which are made with fruits and vegetables at the height of their season. Unlike the other processing methods, many of which require perfect and unblemished produce chutney can be made with misshapen or bruised ingredients with the bruised or damaged parts removed and discarded: this also makes it an economical method of preserving.

PRESERVATIVES

4. The preservatives used in the making of chutneys are:
- Vinegar** is one of the most important ingredients in successful chutney making, so it should be of good quality and have an acetic acid content of at least 5%. Bottled vinegar is better than that sold from barrels. Any well known brand of malt vinegar is suitable, or use wine vinegar for a special flavour. As vinegar has a slightly hardening effect on some produce, particularly onions, carrots and other firm vegetables, it is advisable to partly cook them in water for a few minutes, before adding them to the other ingredients.
 - Sugar.** The sugar used may be granulated or brown; the latter is often used in dark coloured chutneys. Prolonged cooking of sugar has a darkening effect on chutney which is usually desirable. If a lighter colour is

preferred then the sugar should only be added when the fruit and/or vegetables are already soft and mushy.

- Ground spices.** Ground spices are preferable to whole ones when making chutney as they give a better flavour. If whole spices are used, double the amount given in the recipe, bruise them and tie in a muslin bag before adding to the pan. The bag is then removed before the chutney is poured into the jars.

PICKLES

5. Pickles may be made from a wide variety of fruit and vegetables. As with all methods of food preservation, the produce must be of good quality, fresh, firm and clean. Large vegetables such as cauliflower, cucumbers, cabbage and marrows are best if they are separated or cut into pieces. Small vegetables such as onions - the small pickling variety - whole mushrooms and tomatoes can be left only requiring to be peeled. Generally fruits that are most suitable for pickling are the larger ones such as apples, pears and peaches. As well as fruits and vegetables, other items such as boiled eggs, and some nuts, particularly walnuts may be pickled.

PRESERVATIVES

6. The following preservatives are used in the making of pickles:

- Salt.** Block, coarse or sea salt gives better results than refined table salt; the latter may give a cloudy effect to the finished product. If brine is used to soak the vegetables, an average solution is 450 g of salt to 4 litres of water. The salt must be dissolved in boiling water, left to cool and then strained before use. It is essential that the vegetables are completely covered with the brine. A large plate with a small weight placed on top will ensure that the vegetables do not rise and float above the surface of liquid. If dry salt is used the vegetables should be placed in layers with a generous sprinkling of salt over each layer. Use about 15 g of salt to each 450 g of vegetables.

- Vinegar.** This must be of good quality, and have an acetic acid content of at least 5%. Brown malt vinegar is suitable for all pickles but if a light colour is required, particularly for light coloured fruit and vegetables, then white malt, wine or cider vinegar may be used.

- Spices.** Spices are added to vinegar to give it a good flavour and they also help as a preservative. Whole rather than ground spices should be used for spiced vinegar as the latter will make the vinegar cloudy. The spices used may be varied depending on the type of pickle and personal taste. The ingredients for spiced vinegar: 50mm piece cinnamon; 5g cloves; 10g allspice; 5g black peppercorns; 5g mustard seed; 3 bay leaves; 1 ltr vinegar. Place the spices and vinegar in a saucepan, cover and bring just to the boil, do not allow the liquid to bubble. Remove the pan from the heat and set aside for 3 hours. Strain the vinegar and if it is not for immediate use pour it into clean, dry bottles. Spiced vinegar is used either hot or cold. Cold vinegar is best for vegetables that need to be kept crisp such as onions, cauliflower and cabbage, while hot vinegar gives a better result to the softer fruit pickles. Although it takes a considerably longer time, an alternative method of making spiced vinegar is to steep the spices in the unheated vinegar in a bottle for 3 months. Shake the bottle occasionally. The advantage of this method is that all the flavours of the spices fully penetrate the vinegar. Mixed pickling spices can be easily bought and will give a fairly good result but preparing your own enables wider variety of flavours to be produced.

PART 5 - SPECIAL SKILLS

CHAPTER SIXTY ONE

Jam

1.	General	18.	Potting
6.	Equipment	20.	Making jams in a pressure cooker
7.	Pectin content		
11.	Preparation and cooking		

GENERAL INFORMATION

1. Jam is probably the most popular and widely used form of fruit preservation. It is an excellent way of using up surplus fruit and despite the high quality of some commercially produced jams there is nothing to beat the really well made home product.
2. Jam will only set if there are sufficient amounts of pectin, acid and sugar present. Pectin is a naturally-occurring substance found in most fruit and it is essential for setting jams.
3. The fruit must be fresh, firm and under-ripe rather than over-ripe. The pectin turns to pectic acid in over-ripe fruit and its setting properties deteriorate.
4. The acid in fruit helps to extract the pectin thus ensuring a good set and a bright clear colour.
5. Sugar acts as the preservative and affects the setting qualities. Granulated, cube or preserving sugars are the most economical. Preserving sugar and cube sugar produce less scum and the finished product will be brighter and clearer. The use of brown sugar is not recommended as it can adversely affect the flavour and colour of the finished product.

EQUIPMENT

6. Some special utensils, while not essential make jam making easier. These are:
 - a. Saucepan. The most important item is a suitable saucepan. This is because when the sugar is added to the fruit the ingredients tend to rise over the sides during cooking. Ideally preserving pans should be used as they are deep and wider at the top than at the bottom.
 - b. Stirring Spoon. A long handled wooden spoon for stirring the jam.
 - c. Jars. Any type of jar is suitable providing it is free from cracks or chips. The jars should be scrupulously clean and dry. They should be warmed in an oven to prevent them from cracking when the jam is poured in.
 - d. Covers. Packets of jam covers can be bought from most stationers or chemists. They consist of waxed discs, which are placed on top of the jar when the jam is hot. Rubber bands used to secure the covers and labels are required for identifying the product.
 - e. Heat-proof jug. For pouring the jam into the jars.
 - f. Perforated Spoon. For removing the scum from the surface of the jam.
 - g. Sugar-Boiling Thermometer for testing the setting point of jam. There are a variety of methods for testing the set but the use of a sugar-boiling thermometer is the most accurate.

PECTIN CONTENT

7. Measuring pectin content. The pectin and acid content of fruit can vary according to weather conditions,

type of fruit, season and ripeness. Therefore to ensure a good set the pectin content must be measured.

8. This can be done by:
 - a. Simmering a little of the fruit until it is soft and the juice runs out.
 - b. Straining off approximately 5 ml of the juice and allowing it to cool in a small glass.
 - c. When it is cold add 15 ml of methylated spirits. Shake the mixture and leave it for 2 minutes. If a large transparent jelly-like clot forms the fruit is high in pectin. If it forms into 2 or 3 pieces the pectin content is medium. If it divides into numerous small pieces the pectin content is too low.
9. Fruits that are low in pectin require the addition of fruit or fruit juice which is high in pectin or the addition of commercially produced pectin.
10. Fruits to use. Some fruits such as strawberries, blackberries, pears, cherries and rhubarb are low in pectin. Citrus fruits, damsons, red and blackcurrants, cranberries, crab apples and gooseberries have a high pectin content.

PREPARATION AND COOKING

11. The fruit should be checked and washed before use and prepared according to variety. It should then be placed in a preserving pan with a little water and cooked slowly so that the skins soften and the pectin is released. The amount of water and length of cooking time depends on the quality of fruit used and also its juice content and how ripe it is. Soft fruits such as blackberries, raspberries and strawberries require very little water and the softening time will be shorter. If extra pectin is needed it should be added at this stage.
12. The next step, adding the sugar, should be taken when the fruit has been sufficiently softened. The pan should be removed from the heat and the sugar stirred in until it dissolves. Warming the sugar before adding to the fruit enables it to dissolve more quickly.
13. The amount of sugar required to give a good set depends on the pectin quantity of the fruit and should represent 60% of the fruit weight of the jam. For example if a recipe uses 3 kg of sugar the final yield of jam should be approximately 5 kg. The following is a guide to the amount of sugar required per 450 g of fruit.
 - a. Fruit with high pectin content - 600 g.
 - b. Fruit with medium pectin content - 450 g.
 - c. Fruit with low pectin content - 350 g.
14. Using too much sugar causes loss of flavour and the jam may crystallise. Too little sugar may result in the jam fermenting. If a less sweet jam is preferred less sugar can be used, however its preserving quality is diminished and the yield will be smaller.
15. When the sugar is dissolved the pan should be returned to the heat and the jam boiled rapidly until it reaches setting point. Care must be taken not to boil beyond the setting point otherwise the colour, texture and flavour will be spoiled. The pan must be removed from the heat during testing.

16. There are several methods of testing for a set, the most accurate being the temperature test. This is achieved by using a sugar-boiling thermometer. The thermometer is placed in a jug of hot water before and after testing. The jam is stirred and the thermometer is placed in the jam making sure the bulb does not touch the pan bottom, otherwise it may break and ruin the whole batch. When the temperature of the jam registers 105°C a set should be achieved.

17. Some fruits may need a degree lower or higher therefore it is sensible to combine this test with one of the following:

- a. **Saucer test.** A small amount of the jam is put on a cold saucer and left to cool. When cool the surface should wrinkle when pushed with a finger. If it is still runny return the pan to the heat and continue boiling and testing until set.
- b. **Flake test.** Dip a spoon into the jam, remove it and after a second or two tilt the spoon so that the jam drips. If the jam has been boiled long enough the drops will run together in large flakes.

POTTING

18. When the setting point has been reached remove any scum from the surface and pour the jam immediately into warmed jars. Place the waxed disc on top while the jam is still hot.

19. Wipe the rims of the jars clean with a damp cloth and cover immediately or when the jam is cold. Label and store the jars in a cool dark place.

atmospheric pressure can be raised, the temperatures can be increased accordingly but this can only be done using a pressure cooker ideally one with a pressure control with 3 temperatures.

Low - Boiling Point 108.5°C

Medium - Boiling Point 115.3°C

High - Boiling Point 122°C

It is always advisable to follow the manufacturers instructions. They may vary according to the make of the cooker, but generally the method is similar to the one shown below.

- a. Remove the rack or trivet from the pan.
- b. Never fill the pan more than half full.
- c. Pre-cook the fruit at medium pressure.
- d. Use only half the amount of liquid in the recipe.
- e. Finish cooking with the sugar in the pan without the pressure lid.

21. Generally the pre-cooking time of the fruit is about a third of the time taken by cooking in the usual way. However this may vary from cooker to cooker, so follow the manufacturers instructions.

MAKING JAMS IN A PRESSURE COOKER

20. Normally the temperature of the boiling point of liquids is 100°C and is controlled by atmospheric pressure and cannot be raised by the length of boiling time. If the

PART 5 - SPECIAL SKILLS

CHAPTER SIXTY TWO

Jelly Making

1.	General information	4.	Adding the sugar
2.	Preparation and cooking	5.	Potting
3.	Straining of fruit		

GENERAL INFORMATION

1. The difference between making jelly and jam is that the fruit for jelly is cooked until very soft then strained through a jelly bag, a piece of cheesecloth or double muslin. Only the juice is then cooked with sugar. The basic principles are the same as for jam making, and to achieve the required consistency the same substances such as pectin, acid and sugar are needed. The low pectin fruits such as cherries, pears, strawberries and marrow are not really suitable on their own for jelly making as the amount of pectin required to give a good set will disguise the flavour of the fruit. A mixture of high and low pectin can be used. Cheap or wild fruits are often used in jelly making. Blackberries, sloes, elderberries, bilberries, crab apples are all suitable, currants, red, white and black, cooking apples, gooseberries and quinces also make delicious jellies. The fruit should be just ripe and if there are any bruised parts these should be discarded. There is no necessity to peel or remove stems but the fruit should be washed and the large ones cut into pieces.

PREPARATION AND COOKING

2. The amount of water required depends on how juicy the fruit is. Hard fruit and fruit with tough skins such as apples, damsons or sloes should be covered with water and will take a longer time to cook. The fruit should be gently simmered for about an hour, pressing occasionally with a spoon.

3. When the fruit is really soft pour it into the jelly bag with a large bowl underneath. Allow the juice to drain through the jelly bag and leave it for several hours or overnight. Do not be tempted to push the pulp through with a spoon or squeeze the bag as this will make the juice cloudy. If there is any doubt about the amount of pectin in the juice, testing can be carried out in the same way as for jam. It is also worth noting that if the juice is thick and sticky it is a sign that there is sufficient pectin. The pulp and juice can be re-cooked if the pectin content is low. Alternatively return the juice only to the pan and simmer, allowing some of the water to evaporate.

ADDING THE SUGAR

4. Measure the juice and pour it into a preserving pan or large saucepan and bring it to the boil before adding the sugar. The amount of sugar used depends on the pectin quantity of the juice. For every 600 ml of juice rich in pectin add 450-575 g sugar and for medium pectin quantity add 300 g sugar. After adding the sugar cook the mixture slowly until it dissolves, then boil rapidly for 10 minutes. Remove the pan from the heat and test for setting.

POTTING

5. When setting point has been reached, remove any scum from the surface of the jelly then pour it into prepared jars. Cover and store as for jam. It is not possible to give accurate yields in recipes for jellies as they will vary according to the ripeness and quality of the fruit and also the amount of pulp lost when straining. An approximate yield is 2.5 kg jelly to every 1.5 kg sugar.

STRAINING OF FRUIT

PART 5 - SPECIAL SKILLS

CHAPTER SIXTY THREE

Marmalade

1.	General information	5.	Jelly marmalade
2.	Equipment	6.	Test for setting
3.	Measuring pectin content	7.	Potting
4.	Preparation and cooking		

GENERAL INFORMATION

1. Marmalade is a preserve made with citrus fruit and is traditionally British. The name is said to be derived from the Portuguese word marmalade, a preserve made with quinces. The connection with the Iberian peninsula is strengthened by the fact that the bitter Seville oranges are popularly used to make marmalade. Marmalade can be made with oranges, lemons, limes, grapefruit or tangerines, each imparting its own tangy flavour. On the other hand citrus fruit may be mixed with other fruits, such as apples, pears or pineapples to make a pleasant combination, or flavoured with ginger or other spices if wished. The best time of year for marmalade making is during January or February. This is the season for the genuine Seville oranges and it is very short. If you have a freezer, Seville oranges and other citrus fruits with a short season can be frozen, allowing marmalade to be made throughout the year. To freeze citrus fruits put them whole in a freezer bag and store until required. Alternatively the fruit can be cut up, cooked and packed into wax cartons. When using whole fruits cook them while they are still frozen, as this prevents discoloration. If the fruit has been cooked prior to freezing, allow it to thaw before the final cooking with sugar. As there may be some pectin loss in Seville oranges and tangerines during storage it is advisable to add extra fruit, about one eighth to the amount stated in the recipe. The main difference between marmalade and jam making is that citrus fruit skin requires slow cooking in a greater amount of water to soften it before adding the sugar. However the length of cooking time can be shortened considerably with the use of the pressure cooker. There are two types of marmalade: thick marmalade and jelly marmalade. The yield from the latter being less than that of thick marmalade.

EQUIPMENT

2. The equipment required to produce marmalade is exactly similar to that used in jam making.

MEASURING PECTIN CONTENT

3. There will be sufficient pectin if using Seville oranges. However the pectin content in other citrus fruits can vary and to ensure a good set it is prudent to measure the pectin content.

- a. Simmer a little of the fruit until it is soft and the juice runs out.
- b. Strain off approximately 5 ml of the juice and allow it to cool in a small glass.
- c. When it is cold add 15 ml of methylated spirits. Shake the mixture and leave it for 2 minutes. If a large transparent jelly-like clot forms the fruit is high in pectin. If it breaks into small pieces the pectin content is too low. Fruits that are low in pectin require the addition of fruit or fruit juice which is high in pectin or the addition of commercially produced pectin.

PREPARATION AND COOKING

4. The fruit must be fresh and just ripe. It should be washed and if necessary scrubbed with a clean brush. There are 3 methods of preparing thick marmalade, and whichever method is used remember that the pectin content is in the pulp, white pith and pips, not in the peel, so it is important to add these to the fruit while cooking. In some recipes lemon juice or citric acid is added. This is because the acid content of the fruit may be lowered owing to the high proportion of water and sugar used in making marmalade. There is no necessity to add extra acid to marmalade if it is made with 2 or more fruits, or to lemon and lime marmalades. Thick cut methods are as follows:

- a. **Method one.** This is the simplest and most usual method. Scrub the fruit and scald it in boiling water making it easier to remove the peel. Remove the peel as thinly as possible and cut into thick or thin shreds as required. Place the peel acid if used and half the quantity of water in a preserving pan. Bring to the boil, then simmer for 2 hours until the peel is soft. Meanwhile cut the fruit and pith into pieces and simmer in another pan for 1½ hours. Strain the mixture through a colander placed over a bowl, discard the pips, coarse tissue and pith and then add the pulp to the peel. If a thicker marmalade is required the pulp can be pressed through a fine nylon sieve. Add the sugar and cook over a low heat stirring frequently until the sugar dissolves. Bring to the boil and cook rapidly until setting point is reached. Care must be taken not to boil beyond the setting point otherwise the colour, texture and flavour

will be spoiled. The pan must be removed from the heat during testing.

b. **Method two.** Wash the fruit and cut each piece in half. Squeeze out the juice and pips and strain the juice into the preserving pan. Tie the pips and pulp in a piece of muslin. Cut the peel and pith into thick or thin pieces, depending on choice, and add the bag of pips, the peel, the acid and water to the juice in the pan. Simmer for 2 hours or until the peel is soft. Remove and squeeze any liquid from the bag of pips into the fruit and discard the bag. Add the sugar and cook over a low heat, stirring frequently until the sugar has dissolved. Bring to the boil and cook until setting point has been reached. Care must be taken not to boil beyond the setting point. The pan must be removed from the heat during testing.

c. **Method three.** Wash the fruit and put it whole into the preserving pan with the water. Cover the pan and simmer for at least two hours or until the fruit is soft. Test by piercing with a thin skewer or knitting needle. Lift the fruit out of the water and chop it using a knife and fork as the fruit will be hot. Remove the pips and tie them in a piece of muslin and return to the cooking liquid. Boil for 5 minutes then squeeze the bag to extract any juice. Discard the pips and add the fruit to the pan. Add the sugar, cook over a low heat stirring frequently until the sugar dissolves. Bring to the boil and cook until setting point is reached. Care must be taken not to boil beyond setting point otherwise the colour, texture and flavour will be spoiled. The pan must be removed from the heat during testing.

JELLY MARMALADE

5. Wash the fruit and remove the peel very thinly. Cut the peel into fine strips and tie in a piece of muslin. Cut the remaining fruit and pith into pieces and place in the preserving pan with the acid and water. Simmer for 2 hours. Place the bag of peel in another pan, cover with water and simmer for at least 1½ hours. Remove the peel and set aside. Pour the cooking water into the pulp mixture. Pour the contents of the pan into a jelly bag placed over a large bowl and leave to drain overnight. Measure the juice and pour it into the preserving pan, bring to the boil and add 450 g sugar to every 600 ml juice. Add acid, if required and the reserved peel.

Cook over a low heat stirring frequently until the sugar dissolves, bring to the boil and cook until setting point is reached. Care must be taken not to boil beyond setting point otherwise the colour, texture and flavour will be spoiled. The pan must be removed from the heat during testing.

TEST FOR SETTING

6. Exactly similar tests to those used when making jam are suitable when making marmalade.

POTTING

7. When the setting point has been reached remove any scum from the surface. Leave the marmalade to cool for 15 minutes so that the preserve is thick enough to support the peel and prevent it rising to the tops of the jars, then distribute the peel. Pour into warmed jars and place the waxed disc on top while the marmalade is still hot.

8. Wipe the rims of the jars clean with a damp cloth, cover immediately or when the marmalade is cold. Label and store the jars in a cool dark place.