

ARMY
CATERING
CORPS

COOKERY
MANUAL
1974

1.0.1

WHITE STOCK

*A good stock is the foundation
of good cookery.*

INGREDIENTS

- Bones: veal, beef, poultry, or a mixture
- Cold water
- Mirepoix (onion, carrot, celery)
- Bouquet garni
- Peppercorns
- Salt (added only at the end)

METHOD

1. Break bones into small pieces and rinse in cold water.
2. Place bones in a stockpot and cover with cold water.
3. Bring slowly to the boil, skimming carefully.
4. Add mirepoix, bouquet garni, and peppercorns.
5. Simmer gently for 3–4 hours.
6. Strain through a fine sieve.
7. Cool rapidly and remove fat when set.

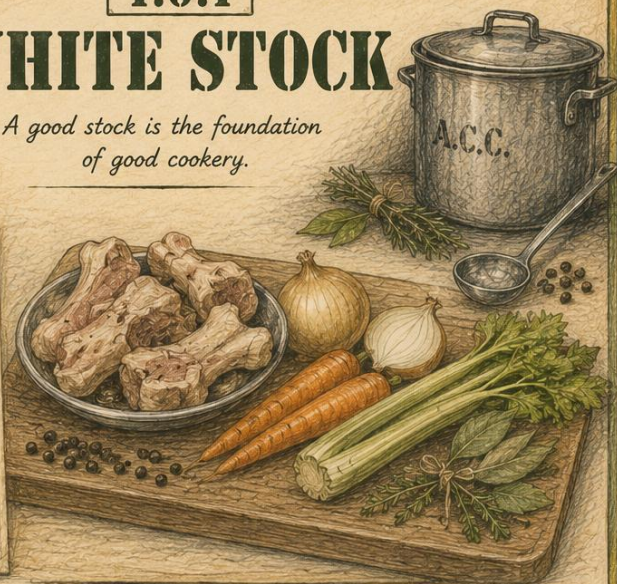
USES

White stock is used for:

- white sauces
- chicken dishes
- vegetable soups
- light gravies



Cool
rapidly.
Skim off
fat when
set.

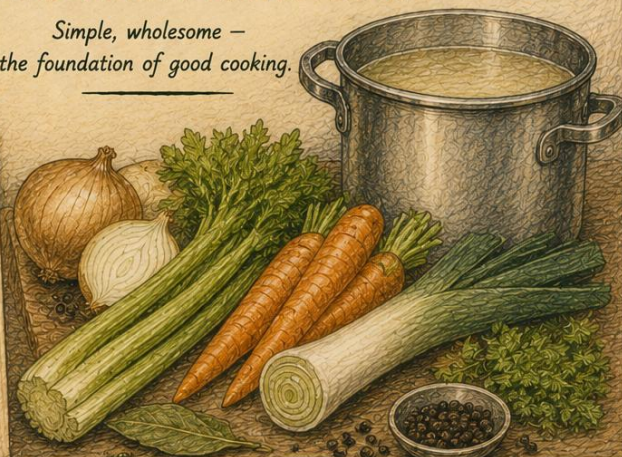


VEGETABLE STOCK

*Simple, wholesome —
the foundation of good cooking.*

INGREDIENTS

- Onion, carrot, celery, leek
- Bay leaf, peppercorns
- Cold water



METHOD

1. Wash and roughly chop vegetables.
2. Place in a pan with cold water and aromatics.
3. Bring to the boil and simmer for 45 minutes.
4. Strain and use immediately or chill.



USES

- Vegetarian dishes
- Light soups
- Dilution for sauces



1. Wash and roughly chop vegetables.



2. Place in a pan with cold water and aromatics.



3. Bring to the boil and simmer for 45 minutes.



4. Strain and use immediately or chill.

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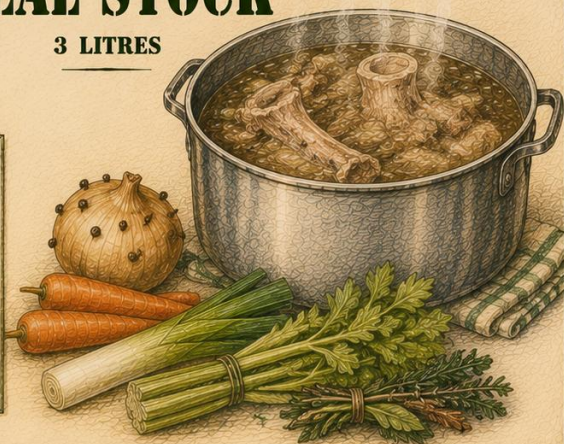
17.

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.



COOK'S NOTE

A good veal stock is pale, mild in flavour and forms the base for many cream and white sauces, soups and gravies.



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1.1.1

ROUX (WHITE, BLONDE, BROWN)

Roux is a cooked mixture of flour and fat used to thicken liquids. It must be cooked to the correct stage to avoid raw flavours and to match the colour of the finished dish.

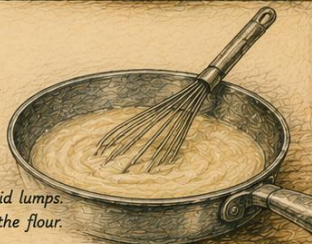
INGREDIENTS

- Flour
- Fat (dripping, margarine, butter, or oil)

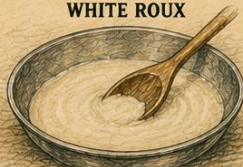


GENERAL METHOD

1. Melt fat in a thick bottomed pan.
2. Add flour and stir continuously.
3. Cook to the required colour:
 - White Roux: 1-2 minutes, no colour.
 - Blonde Roux: 3-5 minutes, pale straw colour.
 - Brown Roux: 8-10 minutes, nut brown colour.
4. Add hot stock gradually, whisking to avoid lumps.
5. Simmer for 20-30 minutes to cook out the flour.

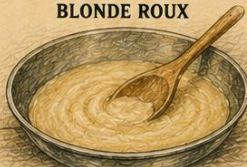


WHITE ROUX



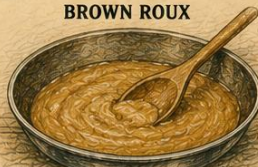
1-2 minutes
No colour

3. ROUX COLOUR STAGES BLONDE ROUX



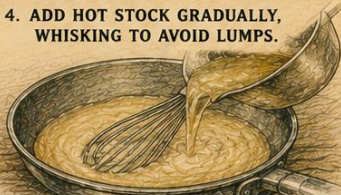
3-5 minutes
Pale straw colour

BROWN ROUX



8-10 minutes
Nut brown colour

4. ADD HOT STOCK GRADUALLY, WHISKING TO AVOID LUMPS.



5. SIMMER FOR 20-30 MINUTES TO COOK OUT THE FLOUR.



USES

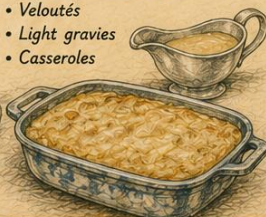
WHITE ROUX

- White sauces
- Chicken dishes
- Vegetable soups



BLONDE ROUX

- Veloutés
- Light gravies
- Casseroles



BROWN ROUX

- Brown sauces
- Beef gravies
- Stews



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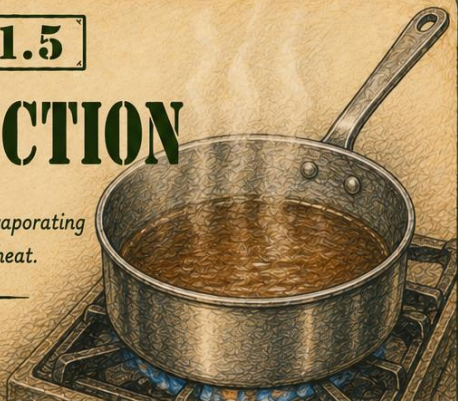
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1.1.5

REDUCTION

*Thickening by evaporating
liquid over heat.*



METHOD

1. Simmer liquid uncovered.



2. Skim
as necessary.

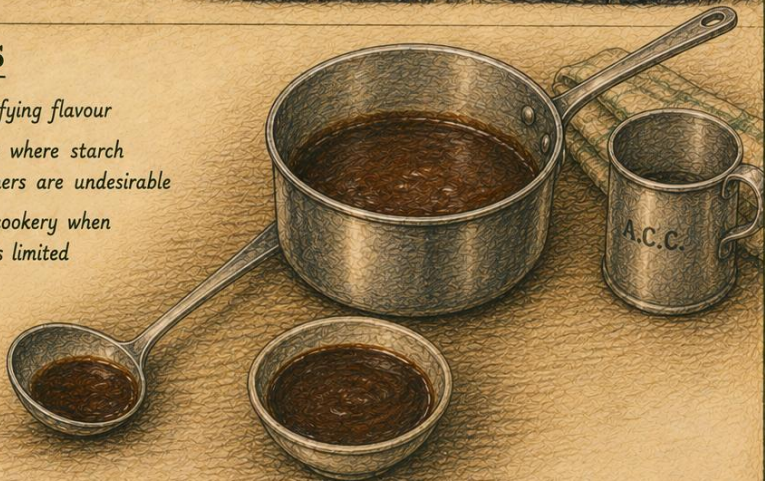


3. Continue until desired
consistency is reached.



USES

- Intensifying flavour
- Sauces where starch thickeners are undesirable
- Field cookery when flour is limited



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1.1.6

LIAISON
(EGG YOLK & CREAM)

*A finishing thickener
used in delicate sauces.*

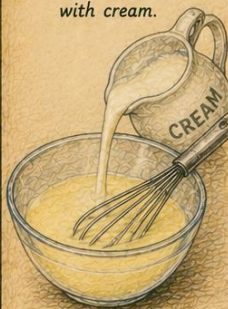


INGREDIENTS

- Egg yolks
- Cream
- Hot sauce or soup
(for tempering)

METHOD

1. Mix egg yolks
with cream.



2. Temper with a
little hot liquid.



3. Add to sauce
off the heat.



4. Do not boil.



USES

- Cream soups
- Veloutés
- Poultry and
fish sauces



COOK'S NOTE

*Always add liaison off the heat.
Boiling will curdle the egg and ruin
the sauce.*



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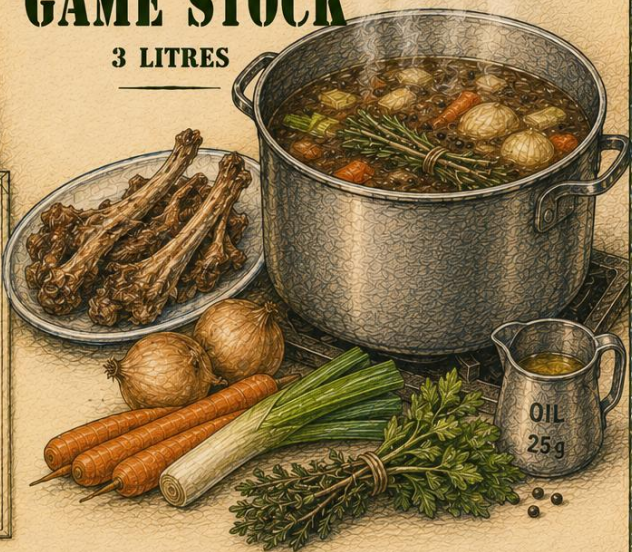
5.

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.



NOTES



Game stock is used for game sauces, soups and gravies. It gives a rich, full flavour to dishes.



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1.0.3

FISH STOCK (FUMET)

*Light and delicate –
the essence of the sea.*

INGREDIENTS

- Fish bones and trimmings (white fish only)
- Cold water
- Onion, celery
- Bay leaf, peppercorns
- Lemon slice or white wine vinegar

METHOD

1. Rinse bones thoroughly to remove blood.
2. Place in a pan with vegetables and aromatics.
3. Add cold water and bring gently to the boil.
4. Simmer for 20–30 minutes only.
5. Strain immediately to prevent bitterness.

USES

- Fish sauces
- Fish soups
- Poaching liquids



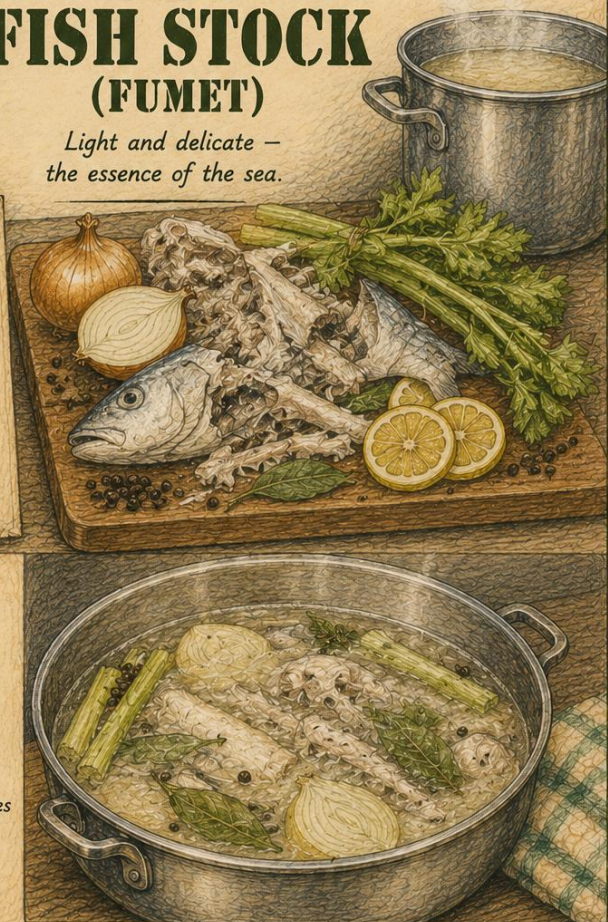
Rinse bones thoroughly.



Simmer gently for 20–30 minutes only.



Strain immediately to prevent bitterness.



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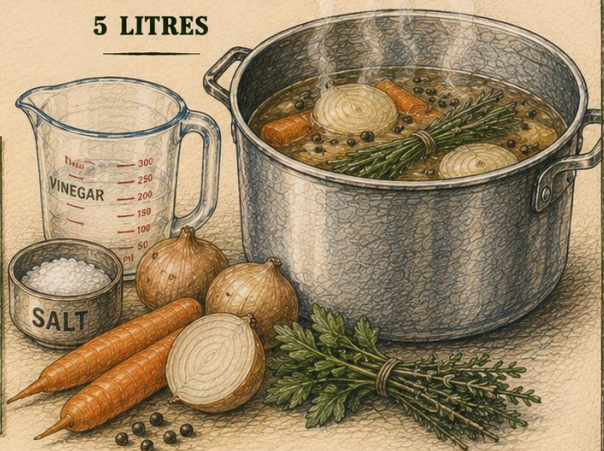
3.

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.



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1.1.3

CORNFLOUR SLURRY (CORN FLOUR THICKENER)

*Cornflour mixed with cold water to
form a smooth paste.*



INGREDIENTS

- Cornflour
- Cold water

METHOD

1. Mix cornflour with cold water until lump free.



2. Add to boiling liquid while stirring.



3. Cook for 2-3 minutes.



USES

- Clear sauces
- Sweet dishes
- Quick thickening when flour based roux is unsuitable.



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1.0.5

CONCENTRATED STOCK (GLACE)

*More flavour in less space –
stock in its most concentrated form.*

METHOD

1. Reduce a finished stock over low heat until syrupy.
2. Skim continuously.
3. Cool and store in small quantities.

USES

- Flavour reinforcement
- Field cookery when fresh stock is unavailable



Reduce slowly



Skim continuously



Cool and store



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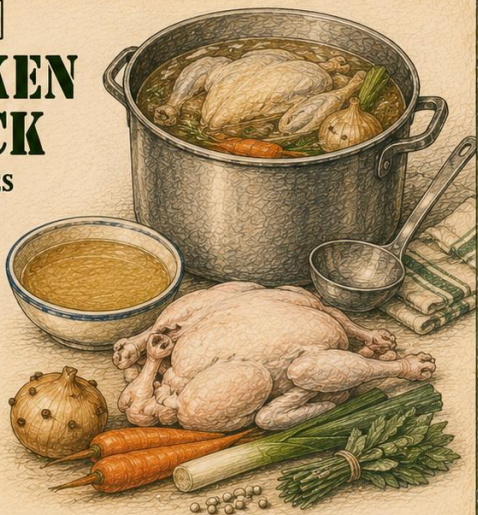
2.

CHICKEN STOCK

3 LITRES

INGREDIENTS

	AMOUNT
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

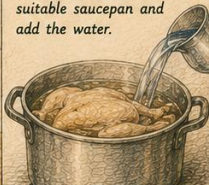


METHOD

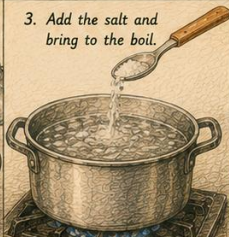
1. Clean, singe, wash and truss the fowl.



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.



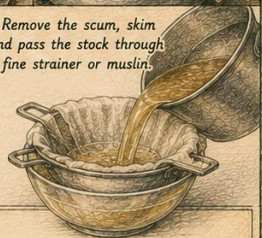
4. Skim and wipe the sides of the pan.



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, skin 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.



BROWN STOCK

*Rich in flavour – the base
of fine sauces and hearty dishes.*

INGREDIENTS

- Beef or veal bones
- Mirepoix
- Tomato purée
- Bouquet garni
- Peppercorns
- Cold water

METHOD

1. Roast bones in a hot oven until well browned.
2. Add mirepoix and continue roasting to develop colour.
3. Transfer to a stockpot and cover with cold water.
4. Add tomato purée and bring slowly to the boil.
5. Skim thoroughly and simmer for 6–8 hours.
6. Strain and cool quickly.

USES

- Brown sauces
- Gravies
- Stews
- Braised dishes



*Rich and flavourful
– the heart of
good cooking.*



*Strain well for
a clear, full-bodied
stock.*



*Cool quickly and
remove fat
when set.*



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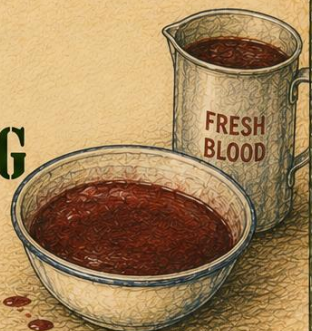
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1.1.7

BLOOD THICKENING

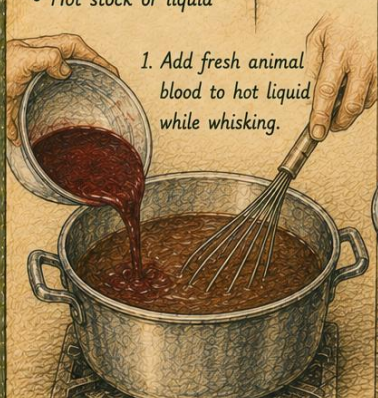
*Used historically in field
conditions when supplies
were limited.*



INGREDIENTS

- Fresh animal blood (beef, lamb or game)
- Hot stock or liquid

METHOD



1. Add fresh animal blood to hot liquid while whisking.

2. Simmer gently until thickened.



3. Do not boil vigorously.



USES

- Field stews
- Emergency gravies
- Traditional game dishes



COOK'S NOTE

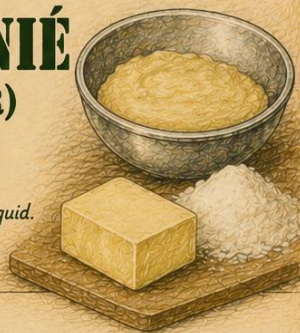
*Use only fresh blood.
Add gradually and whisk well.
Over-boiling may cause
curdling and a grainy texture.*



1.1.2

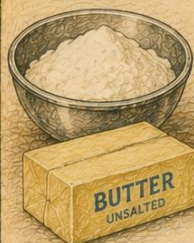
BEURRE MANIÉ (KNEADED BUTTER)

*A mixture of equal parts flour
and butter kneaded together
and added in small amounts to hot liquid.*



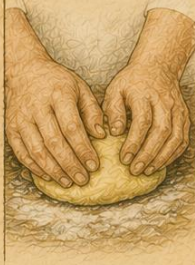
INGREDIENTS

- Flour
- Butter



METHOD

1. Knead flour and butter to a smooth paste.



2. Add small pieces to simmering liquid.



3. Whisk until dissolved and thickened.



USES

- Emergency thickening
- Adjusting consistency at the end of cooking
- Producing a glossy finish



COOK'S NOTE

*Beurre manié should be added towards the end of cooking.
Do not boil after adding as the sauce may become thin
or lose its gloss.*



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1.1.4

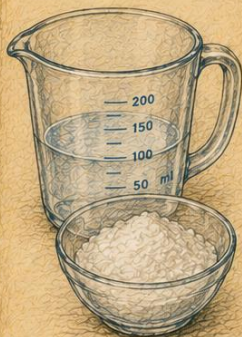
ARROWROOT

*A refined starch used for
clear, glossy sauces.*



INGREDIENTS

- Arrowroot
- Cold water



METHOD

1. Mix arrowroot
with cold water.



2. Add to hot liquid
and bring briefly
to the boil.



3. Remove from heat
immediately to
prevent thinning.



USES

- Glazes
- Fruit sauces
- High clarity gravies

