

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

CHAPTER 1

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 nutrients and flavour. The preparation of the basic type of stock is a straightforward process, and although weights and measures are given in the 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 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.

POINTS TO NOTE WHEN MAKING STOCK

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.

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.

CHAPTER 1

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
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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
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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

CHAPTER 2

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
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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.

CHAPTER 2

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.

- 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

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

- 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

- Bring the water to the boil, add salt and stir in the rolled oats.
- 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

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

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.

Vegetable salad set in aspic.

24. VEGETABLE GARNISHES SUITABLE FOR COLD DISHES

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

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

CHAPTER 3

INTRODUCTION

1. Thickening agents are divided into roux and liaisons.

Roux

2. There are 2 types of roux:

- a. Uncooked - Beurre Manie
- b. Cooked - white, blond and brown.

3. 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.

4. 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

5. The required thickening of the basic liquid by a liaison is obtained by the addition of uncooked starches, yolks of egg, cream and blood.

6. 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

1. 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

1. Melt the margarine in a thick saucepan and stir in the flour.
2. 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

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

Notes:

1. 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.
2. 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

1. Melt the margarine in a thick saucepan and stir in the flour.
2. 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**

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

Notes:

1. Allow approximately 50 g of arrowroot per litre of liquid.
2. If arrowroot is cooked for too long it loses its thickening properties.
3. 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.

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

7. CORNFLOUR

1. Mix the cornflour with a little of the cold water, stock or milk to a smooth paste.
2. 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. | Deville | 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 | | |

CHAPTER 4

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.

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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.

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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

<u>Mayonnaise</u>	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
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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	

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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

1. 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.
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 shell.
4. 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.
5. Crush and chop the garlic, peel and roughly chop the shallots and peel 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 and garlic and saute for 3 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 the 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 10 minutes then remove the lobster and shells from the liquor. Remove the lobster meat from the shell.
10. Reboil the liquor, reduce by two thirds.
11. Pound the lobster meat and shell in a mortar. Mix it with the veloute and add to the liquor.
12. 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.
13. 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

1. Make a blond roux with the margarine and flour. Allow it to cool slightly.
2. Boil the lamb stock and add it gradually to the roux stirring constantly.
3. 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

1. Make a blond roux with the margarine and flour and allow to cool slightly.
2. Boil the chicken stock and add it gradually to the roux stirring constantly.
3. 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

1. Make a blond roux with the margarine and flour. Allow it to cool slightly.
2. Boil the fish stock and add it gradually to the roux stirring constantly.
3. 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

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

Notes:

1. Do not reboil.
2. 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

1. Cut the carrots, onions and bacon into mirepoix and saute them in the crayfish butter.
2. Concasse the tomatoes and add them with the wine and brandy and the tomato puree.
3. Bring to the boil and reduce by one third.
4. Add the fish veloute and simmer for ten minutes.
5. 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
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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

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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

CHAPTER 4

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
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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

White stock 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

CHAPTER 5

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.

EGG

1. EGG MAYONNAISE

10 PORTIONS

Ingredients

Eggs

5

Mayonnaise

125 ml

Lettuce (half a head)

Vinaigrette

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

Mayonnaise

125 ml

Egg

1

Vinaigrette

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

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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
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Cocktail sauce 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
<u>Vinaigrette</u>	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.

- Cover with greaseproof paper and cook in an oven at 180°C.
- Serve cold in an hors d'oeuvre dish allowing two pieces of fish per person.

12. OYSTERS

Method

- Scrub thoroughly and drain. Do not store in water.
- 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.
- 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.
- 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

- Scale, wash and fillet the herrings.
- Wash thoroughly in running water to bleach them.
- Drain and roll up each fillet with the skin on the outside enclosing a thin slice of onion and a chilli in each.
- Arrange the rolled fillets in a glass jar and in between the layers put thin slices of onion and the peppercorns and all spice.
- Cover with the white vinegar and water and add the bay leaf.
- Allow to pickle for 7 days in a refrigerator or cold room.
- 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

- Open the tins of sardines drain off most of the oil and arrange the whole sardines neatly in an hors d'oeuvre dish.
- Garnish with sprigs of parsley.

15. SMOKED FISH

10 PORTIONS

Ingredients

Smoked fish (trout or mackerel)	400 g
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Lettuce	1
Lemon	1
<u>horseradish sauce</u>	75 ml
Brown bread	10 slices
Butter	75 g

Method

- Skin the fish and remove all the bones. Cut the fillet into even sized pieces.
- 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.
- Serve with horseradish sauce and brown bread and butter.

16. SOFT ROES

10 PORTIONS

Ingredients

Soft roes	5
Oil	20 ml
<u>Vinaigrette</u>	25 ml

Lettuce (half a head)

Parsley

Salt

Pepper

Flour

Method

- Pass the roes through seasoned flour then shallow fry them in hot oil, drain and allow to cool.
- Slice the roes and season with the vinaigrette.
- Wash the lettuce, arrange the leaves in an hors d'oeuvre dish.
- 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

- Peel and halve the pears and remove the stone.
- Sprinkle with the lemon juice and oil.

Notes:

- The pears may be further seasoned by the addition of Worcestershire sauce.
- Peeled shrimps may be added and served with the pears.
- 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

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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.
2. cut through the centre and remove the seeds.
3. Cut into sections in the shape of crescents.
4. 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

1. Cut the melons in half and remove the seeds.
2. Separate the flesh from the skin of the melon.
3. Cut into 15 mm dice or scoop out with a parisienne cutter.
4. 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

1. 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
2. Pass the mince through a sieve add the seasoning and mix in the cream and sherry.
3. Line an earthenware dish with thin slices of larding fat put in the mixture and cover the top with more larding fat.
4. Place the dish into a backing tray half filled with boiling water and cook in an oven at 180°C for two hours.
5. When the pate is cooked press down the top with a weight and leave until cold then refrigerate.
6. Cut into slices and serve with melba toast.

Notes:

1. Chopped truffle may be added to this mix.
2. Instead of passing through a sieve, a liquidizer or Robo chef may be used.
3. If a coarser finished pate is desired do not pass through a sieve.

24. SMOKED MEATS

1. Usually purchased vacuum packed.
2. 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
<u>Vinaigrette</u>	10 ml

Method

1. Peel the cucumber and cut into slices.
2. Place in an hors d'oeuvre dish with the slices overlapping.
3. Decorate with strips of pimento and moisten with vinaigrette.

26. GHERKINS

1. Normally purchased in jars already pickled.
2. Serve in an hors d'oeuvre dish with a little of their own liquor.

27. GLOBE ARTICHOKE

10 PORTIONS

Ingredients

Artichokes	10
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Blanc

Lemons	2
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Method

1. 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.
2. Place a slice of lemon at the base of each and tie in place with string.
3. Simmer in the blanc or well acidulated salt water until the base is tender about 20 minutes.
4. 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.
5. Reheat in boiling salted water for 3 to 4 minutes. Drain thoroughly.
6. 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

1. Blanch the vegetables in boiling salted water, refresh and drain.
2. Place the water, oil, lemon juice, peppercorns, coriander seeds and bouquet garni in a saucepan and bring to the boil.
3. Put in the vegetables, adjust the seasoning cover with a lid and simmer until tender.
4. 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

CHAPTER 6

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. Ad 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	

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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

Croute de flute

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.
5. Liquidize the tomatoes, onions, peppers and cucumber with the lemon juice, oil, tomato juice and seasoning.
6. Adjust the consistency if necessary with the iced water, and the seasoning.
7. 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

1. Peel the onions and clean the leeks. Shred the flesh and cook them in the butter without colouring.
2. Add the white stock, sliced potatoes, bouquet garni and seasoning.
3. Bring to the boil, skim and simmer until the potatoes are soft.
4. Remove the bouquet garni and pass through the fine sieve.
5. Return to a clean saucepan and adjust the consistency and seasoning.
6. Chill.
7. 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

1. Peel and dice the vegetables.
2. Pass the meat through a course mincer.
3. Place the meat in a saucepan, add the egg whites, diced vegetables and salt. Mix thoroughly with a little cold stock.
4. Gradually add the remained 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 one and a half hours. Do not disturb the contents of the pan during cooking.
6. Strain through four layers of damp muslin.
7. Remove all surface fat with absorbent paper. Adjust 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.

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

1. Pass the beef and chicken through a coarse mincer.
2. 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.
3. 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).
4. 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.
5. Strain through four layers of damp muslin.
6. Remove all fat with absorbent paper.
7. Adjust 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.

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

1. Pass the fish through a coarse mincer. Peel and chop the garlic.
2. 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.
3. 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).
4. 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.
5. Strain through four layers of damp muslin (see notes).
6. Remove all surface fat with absorbent paper.
7. Correct the colour and seasoning.
8. Bring to service temperature (do not boil) and garnish as required.

Notes:

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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

Savour 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 consommé, 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 consommé</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 consommé</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

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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 fine 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.
2. Cover with water and simmer until tender. Add to the white sauce and bring to the boil.
3. Pass through a sieve and adjust the consistency with hot milk. Adjust the seasoning and serve.

30. SOLFERINO SOUP

2.5 LITRES

Ingredients

<u>Cream of tomato soup</u>	1.25 ltr
<u>Potato soup</u>	1.25 ltr
Carrot	50 g
Potato	50 g
Salt	
Pepper	

Method

1. Mix the two soups together and adjust the seasoning and consistency.
2. 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
<u>White stock</u>	2.5 ltr
Bouquet garni	1 small
Sugar	25 g
Cream	125 ml
Salt	
Pepper	

Method

1. Cut the bacon trimmings into 10 mm dice and cook in the margarine with the diced onions and carrots.
2. Add the flour and cook to a blond roux.
3. Add the puree, gradually add to the stock and the remaining ingredients.
4. Bring to the boil, simmer for one hour.
5. 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
<u>Chicken veloute</u>	625 ml
<u>Chicken stock</u>	1 ltr
Cream	125 ml
Watercress leaves	50 g
Egg	1
Salt	

Method

1. Wash, blanch and refresh the watercress.
2. Drain thoroughly and cook in the butter.
3. Add the veloute and chicken stock and simmer for 8 minutes.
4. Pass the mixture through a fine sieve, reboil and adjust the seasoning.
5. 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

CHAPTER 6

Cream	150 ml
Butter	50 g

Method

1. Cook the peas in the water with the mint and a pinch of salt.
2. Pass the peas and the liquid through a fine sieve.
3. Add the consomme.
4. Garnish with the shredded lettuce which has been lightly cooked in a little butter, chervil, sorrel and the boiled washed rice.
5. Finish with butter and cream and serve.

34. GREEN SPLIT PEA SOUP

2.5 LITRES

Ingredients

Dried split peas	440 g
<u>White stock</u>	2.5 ltr
Onions	100 g
Carrot	100 g
Ham or bacon trimmings	100 g
Bouquet garni	1 small
Salt	
Pepper	

Method

1. Wash the peas and soak overnight.
2. 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.
3. Add the diced vegetables, the ham or bacon trimmings and the bouquet garni.
4. Simmer until the peas are cooked, approximately one hour.
5. Remove the bacon trimmings and bouquet garni.
6. 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
<u>White stock</u>	1 ltr
<u>White sauce</u>	1 ltr
Bouquet garni	1 small
Cream	50 ml
Butter	50 g
Salt	

Method

1. Cut the onions, leek and celery into small dice.
2. Melt the butter in a saucepan, add the onion, leek and celery, cover and cook without colouring.
3. Add the stock bring to the boil, add the peas, mint and bouquet garni and allow to simmer for ten minutes.
4. Remove the bouquet garni and add the white sauce.
5. 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

1. Place the lentils into a saucepan with the stock, bring to the boil and skim.
2. Add the diced vegetables, the ham or bacon trimmings and the bouquet garni.
3. Simmer until the lentils are cooked.
4. Remove the bacon trimmings and bouquet garni.
5. 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.
6. 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

1. Peel and slice the potatoes.
2. Melt the margarine in a saucepan.
3. Peel the onion and wash the leek, slice and cook without colouring in the butter/margarine.
4. Add the stock, sliced potatoes and the bouquet garni and season.
5. Simmer for 30 minutes.
6. Remove the bouquet garni and skim.
7. Pass the soup through a sieve, adjust the seasoning and consistency.
8. Return to a clean pan and reboil.
9. 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

1. Peel and finely slice the onions. Peel and crush the garlic.
2. Heat the butter in a saucepan add the onions, garlic and the sugar. Cook until well coloured.
3. Add the flour and allow to cook for 5 minutes. Add the tomato puree.
4. Gradually add the stock and bring to the boil. Skim and allow to simmer until the onion is soft.
5. Adjust the seasoning and pour into marmites.
6. Place croute de flutes on top of the soup and cover with the grated cheese. Gratinates through the oven or under a grill.

Notes:

1. A mixture of 75% cheddar and 25% parmesan cheese will give both a good flavour and gratinate well.
2. 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

1. Peel and roughly chop the onions
2. Plain boil the rice. Refresh and drain.
3. Lightly fry the chopped onions in the oil to a golden colour.
4. Add the curry powder and cook on a low heat for 3 minutes.
5. Add the flour and cook for a further 3 minutes.
6. Add the remainder of the ingredients except the rice, bring to the boil and simmer for one hour.
7. Pass through a muslin or sieve, reboil and skim.
8. 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. Kedgeree
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. Shell-fish 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 nit 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.

CHAPTER 8

- 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

Ingredients

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

Ingredients

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

Ingredients

Fish fillets	10x100 g
<u>Salmon stuffing</u>	300 g
Smoked salmon	50 g
<u>Russian salad</u>	500g
<u>Aspic jelly</u>	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 chaufroid 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.

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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 chaufroid 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
<u>Mayonnaise</u>	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
<u>Court bouillon</u>	1 ltr
<u>Fish aspic</u>	
	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
<u>White sauce</u>	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

<u>Rice Pilaff</u>	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.

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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 then 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 mousse 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.

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- Remove from the fat with a wire spider into a basket and sprinkle lightly with salt and cayenne pepper.
- 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

- Skin the fillets and pass them through seasoned flour.
- Shallow fry them in hot oil to a golden colour starting with the flesh side down and turning once only.
- 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.
- 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:

- Suitable fish are plaice, sole, cod and turbot.
- 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	100	g
Tomatoes	2	
Mushrooms	8	
Herring roes (Soft)	100	g
Butter	50	g
Lemons	2	
Parsley		

Method

- Skin the fillets and pass them through seasoned flour.
- Shallow fry them in hot oil, to a golden colour starting with the flesh side down and turning once only.
- Drain and place on a serving dish, keep hot.

- Garnish each fillet with:
 - Lightly fried quarters of tomato.
 - A small piece of shallow fried herring roe.
 - A small mushroom, cooked in butter.
 - A slice of lemon.
- 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

- Skin the fillets and pass them through seasoned flour.
- Shallow fry them in hot oil, to a golden colour starting with the flesh side down and turning once only.
- 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.
- Fry small olive shaped pieces of cucumber in a little butter in a covered pan and use these as garnish.
- 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

- Skin the fillets and pass them through seasoned flour.
- Shallow fry them in butter starting with the flesh side down and turning once only. Place on a warm serving dish.
- 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
<u>Cocotte potatoes</u>	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
<u>Mustard sauce</u>	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.

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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 marinade 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 min 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 BERCY

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.
2. 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
<u>Fish stock</u>	125	ml
White button mushrooms	100	g
<u>Fish veloute</u>	500	ml

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Butter 100 g
Eggs 2

Parsley (chopped)
Salt

Method

1. Slice the button mushrooms
2. Finely dice the shallots, cook them in butter and place them in a fireproof dish.
3. Soak the fillets in acidulated water for 10 minutes.
4. Fold the fillets in half, add seasoning, place them on top of shallots, sprinkle with lemon juice.
5. Add the sliced button mushrooms and 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, drain on a clean cloth and keep warm.
8. Reduce the cooking liquor to an essence, then add the fish veloute and the butter. Remove from the heat and do not reboil.
9. Add the sabayon made from the egg yolks. Add the chopped parsley and adjust the seasoning.
10. Lightly coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
11. Mask the fillet with the remaining sauce and glaze under a grill.

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.

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

1. Prepare the fillets, fold them in half and arrange them in a fireproof dish.
2. 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.
3. Drain the fillets on a clean cloth and keep them warm.
4. Boil the white sauce, add seasoning and adjust the consistency with the cooking liquor.
5. Remove the sauce from the heat, add a sabayon made from the egg yolks and then pass through a fine strainer.
6. Coat the centre of a warm serving dish with a little of the sauce and arrange the fillets on this.
7. Slice the potatoes and arrange them around the edge of the dish.

8. Mask with the sauce, sprinkle with parmesan cheese and glaze in a hot oven or under a grill.

Note:

1. 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

1. Prepare the spinach discarding any large stalks and discoloured leaves.
2. Thoroughly wash in several changes of water then place into a saucepan containing a little boiling salted water and cook until tender.
3. Refresh the spinach under running cold water. Drain thoroughly and squeeze into balls.
4. Prepare the fillets, fold them in half and arrange them in a shallow fireproof dish.
5. 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.
6. Drain the fillets on a clean cloth and keep them warm.
7. Boil the white sauce, add seasoning and adjust the consistency with the cooking liquor.
8. Remove the sauce from the stove, add a sabayon made from the egg yolks and then pass through a fine strainer.
9. Reheat the spinach in a little butter, season and arrange in the centre of a warm serving dish.
10. 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

1. Slice the button mushrooms.
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 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		
<u>Fish stock</u>		
125 ml		
<u>Fish veloute</u>	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	
<u>Fish stock</u>		
100 ml		
<u>White sauce</u>	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.

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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
<u>Court bouillon</u>	1 lt
<u>Boiled potatoes</u>	
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.

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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
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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 meet 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
<u>Shrimp butter</u>		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

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Pilaff of rice 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.

- Heat the butter in a saucepan, add the lobster meat and seasoning and cook it to a bright red colour.
- Add the marsala and reduce it by one third.
- 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			
<u>Mornay sauce</u>	400	ml	
Shallots	50	g	
White wine	150	ml	
<u>Fish stock</u>			
150 ml			
English mustard	10	g	
Parmesan cheese	50	g	
Eggs	1		
Cream	100	ml	
Butter	25	g	
Parsley (chopped)			
Salt			
Pepper			

Method

- 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.
- Add the reduction to the mornay sauce and stir in the mustard.
- 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.
- 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.
- 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

- Boil together the fish stock and the fish glaze then add the white sauce and reboil for 2 minutes.
- Dilute the mustard with a little water and add it to the sauce.
- Remove the sauce from the heat, whisk in the yolks of eggs, adjust the seasoning and pass through a fine conical strainer.
- Remove the claws and legs from the lobsters. Crack the claws and remove the meat whole.
- Cut the lobsters in half lengthways, remove and dispose of the intestines and the gravel bag.
- Remove the flesh from the tail and wash off any black from the meat.
- Slice the meat from the claws and tail and reheat it in a little butter.
- Wash and dry the shell.
- Cohere the sliced lobster meat with a little of the sauce and replace it in the shell.
- Mask with the remainder of the sauce, sprinkle with grated parmesan cheese and colour under a grill.
- 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

- Defrost and season the scampi.
- 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.
- Serve on a bed of pilaff of rice decorate with chopped parsley.

Notes:

- Scampi are normally purchased frozen pre-packed either plain or breadcrumb.
- During freezing plain scampi are processed with added moisture resulting in an appreciable weight loss on defrosting.
- 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		

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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	

Note: Although the potato border has been coloured for presentation, the finished dish does not require glazing.

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
<u>Fish stock</u>	
125 ml	
Shallots	50 g
Mushroom	25 g
White wine	125 ml
<u>White wine sauce</u>	400 ml
Truffle	15 g
<u>Duchess potato</u>	
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.

PART 2 - KITCHEN

CHAPTER EIGHT

Beef

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Control of the knife

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8. Durham cutlets
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14. Curried beef

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18. Steak Bordelaise
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GRILLED

22. Steak vert pre
23. Minute steak

ORIENTAL

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25. Fillet of beef with bean sprouts
26. Stir fried beef in black bean sauce
27. Stir fried beef with celery
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29. Stir fried beef with green beans
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PASTRY COVERED

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SAUTE

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44. Beef Bourguignonne
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49. Savoury mince

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.

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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**

- Place the prepared salt beef into a saucepan, cover with cold water, bring to the boil and skim.
- Peel the onions, add them whole, and simmer for 3 hours.
- Peel the carrots, cut them into batons, add them to the pan and simmer for a further 10 minutes.
- Add the dumplings and place them in a dish with a little of the cooking liquor to keep them moist and hot.
- Remove the meat, strain the carrots and retain the cooking liquor.
- Carve the silverside across the grain. Serve garnished with some of the cooking liquor, baton carrots and dumplings.

(b) Dumplings

- Sieve together the flour, salt and baking powder. Finely chop the suet.
- Mix the suet into the flour and make a ball.
- Add water and mix to a dough.
- Divide the dough into 50 equal sized pieces and mould lightly.
- Allow to rest for 10 minutes before cooking.

Notes:

- Cooking time; allow about 40 minutes per kg.
- 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
<u>Brown sauce</u>	250 ml
<u>Brown stock</u>	250 ml
<u>Thyme & parsley stuffing</u>	500 g
Parsley (chopped)	
Salt	
Pepper	

Method

- 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.

- Spread 50 g of the stuffing over half of each of the prepared squares, roll up and tie at each end with string.
- 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.
- 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.
- 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
<u>Brown sauce</u>	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

- Season the joint and fry it in hot oil.
- Bring the brown sauce to the boil and add the brown stock and tomato puree.
- When the joint is well coloured place it into a pan and three quarters cover with the sauce.
- Peel the carrots and onions and cut them into large dice then shallow fry them to a golden brown in a little oil.
- Add the vegetables and bouquet garni to the sauce.
- Cover with a lid and cook in an oven at 180°C until the meat is tender, about 2 hours, basting occasionally.
- Remove the joints, strain the sauce, skim off any surplus fat and adjust the seasoning.
- Cut the joint into slices and serve masked with the sauce.

Notes:

- Suitable cuts of meat are thick flank, topside, silverside.
- 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

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<u>Glazed baton carrots</u>	100 g
Parsley (chopped)	
Salt	
Pepper	

Method

1. Season the steaks, shallow fry them in hot oil and place them 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

Horseradish sauce

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

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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-glacé</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-glacé, 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	10x 150 g
Shallots	50 g
Red wine	250 ml

<u>Demi glace</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 tournedos, 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 tournedos, 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 (tournedos) 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.

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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
cloves	
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

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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. marinate in the soy sauce, stock, sugar, oil and seasoning for 30 minutes then drain.
2. 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.
3. Shallow fry the beef in a little oil until cooked, remove and keep warm.
4. Shallow fry together the shallots, onions, capsicums, chillies, ginger and garlic.
5. 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

1. Cut the meat into thin strips 25 mm long removing any surplus fat.
2. Place it into a bowl and marinate with light soy sauce, cornflour, sugar, oil and seasoning for 30 minutes.

3. Drain and save the marinade.
4. Remove the seeds from the green peppers and cut the flesh into 5 mm slices.
5. Peel and cut the pineapple into 15 mm chunks. Cut the spring onions into 25 mm lengths reserving a little for the garnish.
6. Peel and slice the carrots, slice the ginger.
7. 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.
9. 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
<u>Liver pate</u>	400 g
<u>Puff pastry</u>	1 kg
Butter	50 g
Egg	1
Salt	
Pepper	
<u>Madeira sauce</u>	500 ml

Method

1. Trim the fillet and remove any surplus fat and sinew.
2. Season the fillet and fry it in hot butter to seal them, allow them to cool.
3. Slice the mushrooms saute them in butter and allow to cool.
4. Roll out the pastry into a rectangle 3 mm thick and large enough to envelop the joint completely.
5. Spread the pate in the centre to fit the fillet then place the fillet on the pate and coat it with the sliced mushrooms.
6. Wrap the fillet neatly in the pastry, prick lightly with a fork and brush with egg wash.
7. Bake in a hot oven 220°C for 40 minutes.
8. Slice into portions and serve the Madeira sauce separately.

34. FILLET OF BEEF WELLINGTON

10 PORTIONS

Ingredients

Fillet of beef	1.2 kg
<u>Duxelle stuffing</u>	300 g
<u>Pate de foie gras</u>	400 g
<u>Puff pastry</u>	1 kg
<u>Madeira sauce</u>	500 ml
Egg	1
Butter	50 g
Salt	
Pepper	

Method

1. Trim the fillet and remove any surplus fat and sinew.
2. Season the fillet and fry it in hot butter to seal then allow it to cool.
3. Roll out the puff pastry into a rectangle 3 mm thick and large enough to envelop the joint completely.

4. Spread the duxelle in the centre to fit the fillet.
5. Place the fillet on the duxelle and spread the pate de foie gras on top of the fillet.
6. Wrap the fillet neatly in the pastry and prick lightly with a fork, brush with egg yolk.
7. Bake in an oven at 200°C for 40 minutes.
8. Slice into portions and serve Madeira sauce separately.

35. MINCED BEEF AND ONION PIE

10 PORTIONS

Ingredients

Beef	500 g
<u>Brown sauce</u>	300 ml
Onions	100 g
<u>Short pastry</u>	600 g
Egg	1
Salt	
Pepper	

Method

1. Mince the beef through a coarse plate.
2. Peel and cut the onions into fine dice.
3. Shallow fry the meat and onions in a saucepan, stirring occasionally.
4. Add the brown sauce and seasoning and bring to the boil. Simmer for one hour in an oven at 180°C.
5. Adjust the seasoning and consistency and remove any surplus fat. Allow to cool.
6. Roll out $\frac{3}{4}$ of the short pastry to a thickness of 3 mm and line a greased pie mould.
7. Put in the meat filling.
8. Cover with the remaining pastry. Seal and crimp the edges.
9. 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
<u>Brown stock</u>	400 ml
<u>Short pastry</u>	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
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Onions	100g
Kidney	300 g
Water	500 ml

Worcester sauce

Suet paste

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 oven 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	

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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, Brussels 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 248C 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.

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- Pour off any excess fat from the pan used to seal the beef and add the beer and the brown sauce to the residue.
- Season, add the sugar and bring to the boil.
- Pour this sauce over the beef and onions. Cover with a lid and cook in an oven at 180°C for 2 hours.
- 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

- Mince the beef through a medium plate. Peel and slice the onions. Crush the garlic.
- Shallow fry the onions and garlic in a little oil until golden brown then the meat and fry for a further 2 minutes.
- Add chilli powder and salt, the tomato puree, the tinned tomatoes including the liquid and the sugar.
- Pour in the stock bring to the boil and simmer for one hour.
- Add the kidney beans and cook for a further 10 minutes, adjust the consistency and seasoning.
- 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

- Cut the meat into 20 mm dice. Peel and dice the onions. Crush the garlic.
- Blanch and skin the tomatoes, remove the seeds and cut the flesh into quarters.
- Trim the potatoes to a barrel shape.
- Season the meat and shallow fry it in hot oil then add the onions and garlic and cook for 4 minutes.

- Add the flour, paprika and salt and cook for a further 3 minutes.
- 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.
- 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

- Mince the beef through a medium plate. Peel and dice the onions.
- Shallow fry the meat and the diced onions together in a saucepan, stirring occasionally to prevent the meat forming into lumps.
- 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.
- Transfer to a warm dish and serve garnished with the chopped parsley and fried bread croutons.

Note: This dish may be served:

- With a border of mashed potatoes
- As a garnish for spaghetti.
- 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

1. BEST END OF LAMB BOULANGERE

9 PORTIONS

Ingredients

Best ends	3 x 6
cutlets	
Onions	75 g
Potatoes (prepared)	1 kg
<u>White stock</u>	250 ml
Parsley (chopped)	
Salt	
Pepper	
<u>Jus lie</u>	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
<u>Brown stock</u>	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
<u>White stock</u>	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
<u>Brown sauce</u>	100 ml
Tomato puree	30 ml
Thyme	pinch
Aubergines	200 g
Courgettes	200 g
Tomatoes	400 g
<u>Mornay sauce</u>	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. Saute 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.

5. SHEPHERDS PIE

10 PORTIONS

Ingredients

Potatoes (prepared)	1 kg
Onions	25 g
Oil	10 ml
Cooked Lamb	800 g
Parsley (chopped)	
<u>Brown Sauce</u>	125 ml
Breadcrumbs	25 g
Margarine	
	25 g
Salt	
Pepper	

Method

1. Peel the potatoes, cook them in boiling salted water and drain and mash them.
2. Peel and finely chop the onions and cook them without colouring in a little oil without colouring.
3. Mince the lamb through a coarse plate.
4. Add the mince and the parsley to the onions.
5. Add the brown sauce, bring to the boil.
6. Season and then simmer for 20 minutes.
7. Place the mixture into a pie dish and cover with the mashed potatoes.
8. Smooth over the top and cover with the breadcrumbs.
9. Bake in a hot oven at 200°C until the top is golden brown.

CURRY**6. CURRIED LAMB**

10 PORTIONS

Ingredients

Lamb	1 kg
Onion	250 g
Oil	25 ml
Curry powder	50 g
Apples	75 g
Mango chutney	
	50 g
Tomato puree	25 ml
Desiccated coconut	25 g
<u>Brown stock</u>	750 ml
Bouquet garni	1 small
<u>Plain boiled rice</u>	10 portions

Method

1. Peel the apples and cut the flesh into fine dice.
2. Cut the lamb into 15 mm dice. Peel the onion and cut the flesh into fine dice.
3. Heat the oil in a saucepan and cook the onion without colouring.
4. Add the curry powder and cook for a further 5 minutes..
5. Add the apple, chutney, desiccated coconut, tomato puree and stock, season with salt and add the bouquet garni. Simmer until the meat is tender then adjust the seasoning and consistency of the sauce.
6. Serve with a border of boiled rice.

Note. The following may be served as side dishes (sambols), poppadums, desiccated coconut, chutney, sultanas, diced cucumber fried onion rings, sliced bananas and salted peanuts.

FRIED**7. FRIED LAMB CHOPS/CUTLETS**

10 PORTIONS

Ingredients

Lamb cutlets/chops	20 x 75 g
Oil	25 ml
Water cress	1 bunch
Salt	
Pepper	

Method

1. Season the cutlets/chops.
2. Shallow fry them to a golden brown on both sides in hot oil.
3. Place on a warm serving dish and garnish with watercress.

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

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Boiled beetroot

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	

<u>Jus lie</u>	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.

- Brush them with a little water then place an equal amount of the filling into the centre of each one.
- Fold over the pastry and press the edges together.
- Egg wash, place on a baking tray and cook in a moderate oven 180°C for 35 minutes.

ROAST

14. BEST END OF LAMB

9 PORTIONS

Ingredients

- Prepare the best ends for roasting.
- Peel and slice the carrots and onions and place them in a roasting tin.
- Put the best ends on top and roast in a hot oven 200°C for about 40 minutes.
- Remove them from the oven, cut them into cutlets and arrange on a warm serving dish.
- Garnish as appropriate. Serve jus lie separately.

Note: Appropriate garnishes are:

- Jardiniere - Turned carrots and turnips, french beans, peas and cauliflower florets coated in hollandaise sauce.
- Judic - Braised lettuce, stuffed tomatoes and chateau potatoes.
- 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)

Stuffing

Chestnuts 300 g

Beef stock

300 ml

Celery 150 g

Butter 75 g

Onion 100 g

Pork sausage meat 125 g

White breadcrumbs 25 g

Egg 1

Method

- Prepare the best ends and join them together to form a crown.
- 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.
- Transfer the chestnuts and celery to a bowl, allow to cool and pass through a coarse sieve.
- Peel and finely dice the onions and cook them in melted butter in a saucepan.
- Mix the sausage meat, breadcrumbs egg and the onions with the chestnuts.
- Spoon the stuffing into the centre cavity of the crown roast. cover the tips of the bones with foil to prevent them from charring.
- Place the roast into a dish and cook in an oven at 180°C for about an hour.

- When cooked replace the foil caps with cutlet frills for service.

16. ROAST LEG OF LAMB

10 PORTIONS

Ingredients

Leg of lamb 2 kg

Oil 25 ml

Onions 100 g

Carrots 100 g

Salt

Pepper

Brown stock 250 ml

Mint sauce 100 ml

Redcurrant jelly 100 g

Method

- Peel and slice the carrots and onions and place them in a roasting dish.
- Put the leg of lamb on top, pour a little oil over and roast for 15 minutes at 200°C.
- Reduce the heat to 180°C and continue to roast basting occasionally.
- When the joint is cooked remove it from the oven, and keep warm.
- Remove any surplus fat from the roasting dish and make roast gravy with the residue and the brown stock.
- 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

Brown stock 250 ml

Mint sauce 80 ml

Redcurrant jelly 80 ml

Method

- Prepare the saddle and place it in a roasting dish.
- Brush it with oil and cook in a hot oven 200°C for 15 minutes.
- Reduce the heat to 180°C and continue to roast, basting occasionally.
- When the joint is cooked remove it from the oven and keep hot.
- Remove any surplus fat from the roasting dish and make a roast gravy from the residue and brown stock.
- Carve the joint and garnish as appropriate.
- 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.

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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.

18. ROAST STUFFED SHOULDER OF LAMB 10 PORTIONS

Ingredients

Shoulder of lamb (bone in)	1.8 kg
<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.

20. IRISH STEW 10 PORTIONS

Ingredients

Lamb (boneless)	1 kg
Onions	200 g
Potatoes (prepared)	1.2 kg
Bouquet garni	1 small
Salt	
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.

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
Turnips	75 g
Parsley	10 g
<u>White stock</u>	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 |

CHAPTER 10

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	

CHAPTER 10

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
White stock	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
White stock	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.

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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

1. Chops
2. Cutlets breadcrumbed
3. Escalope Cordon Bleu
4. Escalope Holstein
5. Escalope Milanaise
6. Escalope Viennoise
7. Jaegar Schnitzel
8. Zigeuner Schnitzel

PASTRY COVERED

9. Veal and ham pie

ROAST

10. Loin/shoulder stuffed

SAUTE

11. Veal saute

STEW

12. Blanquette
13. Fricasse
14. Goulash
15. Veal stew printaniere

FRIED

1. FRIED VEAL CHOPS

10 PORTIONS

Ingredients

Veal Chops	10x150 g
Oil	50 ml
Salt	
Pepper	

Method

- Season the chops with salt and pepper.
- Shallow fry the chops on both sides until cooked through and a golden brown.
- 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

- Flatten the cutlets with a cutlet bat.
- Season and pass through flour, egg wash and breadcrumbs.
- Shallow fry the cutlets on both sides until cooked through and golden brown.
- 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

- Cut the veal across the grain into 20 slices.
- Beat out using a cutlet bat into escalopes 3mm thick.
- On 10 of the escalopes lay a slice of ham and a slice of cheese.
- Cover with the remaining escalopes of veal and press firmly together.
- Season and pass through flour, egg wash and breadcrumbs.
- Heat the oil in a shallow pan and fry the escalopes until cooked and golden brown on both sides.
- 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

- Cut the veal across the grain into 10 slices.
- Beat out, using a cutlet bat into escalopes 5 mm thick.
- Season the escalopes and pass them through flour, egg wash and breadcrumbs.
- Shallow fry the escalopes on both sides until cooked and golden brown on both sides.
- 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 Milanaise</u>	5 portions
<u>Jus lie</u>	125 ml
Salt	
Pepper	

Method

- Cut the veal across the grain, into 10 slices.
- Beat out, using a cutlet bat into escalopes 5 mm thick.
- Season the escalopes and pass them through flour, egg wash and breadcrumbs.
- Heat the oil in a shallow pan and fry until cooked and golden brown on both sides.
- Drain and serve on a warm dish and garnish with spaghetti Milanaise.
- 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

- Cut the veal across the grain into 10 slices.
- Beat out using a cutlet bat into escalopes 5 mm thick.

CHAPTER 10

- Season the escalopes and pass them through flour, egg wash and breadcrumbs.
- Hard boil one egg, refresh and remove the shell.
- Sieve the egg white and yolk separately.
- Wrap the anchovy fillet around a slice of stoned olive.
- Peel and remove all the pith from one lemon and cut it into 3 mm thick slices.
- Decorate each slice of lemon with sieved white and yolk of egg and chopped parsley. Place the stuffed anchovy fillet in the centre.
- Shallow fry the escalopes on both sides until cooked and a golden brown.
- Drain and serve in a warm dish. Decorate with capers and mask with nut brown butter.
- 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

- Cut the veal across the grain into 10 slices. Beat out using a cutlet bat into escalopes 5 mm thick.
- Season the escalopes and pass them through flour, egg wash and breadcrumbs.
- Shallow fry the escalopes on both sides until cooked and golden brown on both sides.
- 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
<u>Zigeuner sauce</u>	500 ml
Salt	
Pepper	

Method

- Cut the veal across the grain into 10 slices. Beat out using a cutlet bat into escalopes 5 mm thick.
- 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.
- 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

- Cut the veal into scallops and the gammon or lean bacon into slices. Season both with a little salt.
- 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.
- 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.
- 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.
- Place the gelatine on the top and cover with the streaky bacon which is overlapping the edge of the mould.
- Roll out the remainder of the paste and cover the top of the pie.
- Using a pastry cutter, make a 15 mm diameter hole in the centre of the pie. Decorate the pie top.
- Egg wash thoroughly and allow to stand for 30 minutes.
- Bake in an oven at 220°C for 15 minutes, then reduce the heat to 180°C and continue baking for 2½ hours.
- Remove from the oven, allow to cool slightly then fill with aspic jelly. When completely cold, top up with aspic jelly and refrigerate.

Notes:

- 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.
- 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

- Remove the bone from the shoulder and weigh the meat.
- Season the meat and place the stuffing in the centre.
- Roll up the shoulder and tie it with single strings. Peel the carrots and onions slice them and then place in a roasting tray.
- Lay the prepared shoulder on top and brush with oil.
- Place in an oven at 220°C for 15 minutes.
- 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
Button 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

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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

Glazed button onions

Asparagus points

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

- BAKED**
1. Ham with various garnishes

- BOILED**
2. Gammon
3. Ham with pease pudding

- BRAISED**
4. Ham

- FARCE/MOUSSE**
5. Ham cornets
6. Ham mousse

- FRIED**
7. Ham croquettes

- GRILLED**
8. Gammon

- PASTRY COVERED**
9. Steamed bacon roll

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
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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
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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 Turbigio
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, chitterlings (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 mg 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 casseroled, 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 (calves 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

CHAPTER 13

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 try, 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

1. Plain
2. Chicken a la king
3. Chicken and rice, supreme sauce
4. Chicken minced

BRAISED

5. Duck

COLD

6. Chicken Ballotine
7. Chicken Coronation
8. Chicken galantine
9. Chicken Jeanette
10. Duck with oranges

COMPOSITE

11. Chicken pancakes
12. Chicken risotto
13. Turkey pancakes

CURRIED

14. Chicken

FRIED (DEEP)

15. Chicken croquettes
16. Chicken Kiev
17. Chicken, southern fried

FRIED (SHALLOW)

18. Chicken Maryland
19. Chicken supreme with various garnishes

GRILLED

20. Chicken
21. Chicken American style

ORIENTAL

22. Chicken shop suey
23. Chicken chow mein
24. Deep fried chicken in lemon sauce
25. Deep fried crispy duck
26. Fried chicken and almonds
27. Honeyed chilli chicken
28. Spiced chicken
29. Steamed chicken with mushrooms
30. Stir fried chicken with shallots and onions
31. Stir fried chicken with celery
32. Stir fried chicken with cashews
33. Sweet and sour chicken

PASTRY COVERED

34. Chicken pie (1)
35. Chicken pie (2)
36. Chicken vol-au-vents

POT ROAST

37. Chicken casserole
38. Chicken casserole Bonne Femme
39. Chicken en cocotte Grandmere
40. Chicken Poêle Mascotte

SAUTE

41. Chicken saute Chasseur
42. Chicken saute Marengo

STEW

43. Coq au vin
44. Chicken, fricasse

ROAST

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 Chicken3 months
- b. Frozen Chicken joints3 months
- c. Boiling Fowl9 months
- d. Cooked Chicken3 months
- e. Chicken Livers2 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 discoloration 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 casseroleed.

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 or 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.
10. 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

1. Sleeve bone the chicken, lay it out flat, remove the fillets along the breast and season.
2. Blanch and skin the pistachio nuts, cut them in half lengthways and mix them with the sausage meat.
3. Place half of this into the chicken.
4. Wrap strips of ham and fillets of chicken in thinly sliced back fat and lay lengthways on sausage meat.
5. Add the remainder of the sausage meat, forcing some into the leg cavities from which the bones have been removed.
6. Reform the chicken, and tie it with string.
7. Place the chicken on a bed of roots, season and baste with oil.
8. Cook for 1½ hours in a moderate oven basting frequently.
9. When the ballotine is cooked allow it to cool then stand it in a refrigerator to chill prior to glazing it with aspic jelly.
10. 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

1. Remove the skin and the bones from the chickens and cut the flesh into scallops.
2. Puree the apricot. Squeeze the juice from the lemon.
3. 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.
4. Peel the cucumber and cut it into 5 mm dice.
5. Cook the peas in salted boiling water until tender. Drain and refresh them.
6. Boil the rice, refresh and drain it well.
7. Mix the peas, cucumber, rice and vinaigrette together to form a rice salad.
8. Combine the chicken with half the sauce and place it on a warm serving dish with the rice salad around the outside.
9. Dilute the remainder of the sauce with the lemon juice.
10. 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

1. Clean the chicken.
2. 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.
3. Remove the skin as a whole piece from the meat and separate the dark meat from the white.
4. Lay out the skin on a damp cloth with the inside of the bird facing upwards.
5. 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.
6. 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.
7. 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.
8. 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.
9. Tie the cloth tightly at both ends and place a loose string around the centre.
10. Place the galantine into chicken stock, bring it to the boil and simmer for 1½ hours.
11. Remove the galantine from the stock, untie the cloth, re-roll and re-tie both ends. Press with a light weight until cold.
12. 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 chaufroid sauce. When the chaufroid sauce has set decorate the supremes and glaze them with aspic jelly.

- Chill a bombe mould and chemise it with aspic jelly.
- Decorate the sides with liver pate rolls.
- Fill the mould with liver pate mousse to within approximately 10 mm of the top and allow it to set.
- Cover the top with a layer of aspic jelly.
- Pour a thin layer of aspic jelly onto a round serving dish and allow it to set.
- Place the liver pate bombe in the centre and surround it with the decorated supremes.
- Garnish with decorated and glazed tomatoes and asparagus points.

Method

b. Liver pate rolls

- | | |
|-------------|-------|
| Liver pate | 200 g |
| Larding fat | 200 g |
- Place thin slices of larding fat 20 cm long by 7 cm in diameter on pieces of clean cloth.
 - Pipe liver pate mixture on to the larding fat approximately 20 cm in diameter.
 - Roll the fat around the pate, encase in a pudding cloth and tie at both ends.
 - Place the pate rolls in simmering stock and poach for one hour.
 - Remove the rolls from the stock and allow them to cool slightly, then re-roll and tie them tightly.
 - When they are cold remove the cloth and re-cover with greaseproof paper.
 - 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

- Place the duck in a roasting dish, baste it with oil, season and cook in an oven at 200°C.
- Remove the duck from the oven allow it to cool and then remove the meat from the breast.
- Reshape the breast using the liver pate mousse.
- 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.
- Pipe liver pate mousse along the centre of the breast and then decorate with mandarin segments.
- Glaze with aspic jelly on the point of setting.
- Cut the orange in half and scoop out the flesh and pith.
- Fill the halves with the orange jelly and allow to set.
- Decorate the socle with mandarin segments, glaze with aspic on the point of setting.
- 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

- Prepare and cook the pancakes allowing 2 per person. Keep them hot.
- Cook the mushrooms in acidulated water with a little butter.
- Cut the chicken into dice, slice the mushrooms thinly, add both to the sauce and simmer for 3 minutes. Adjust the seasoning.
- Place an equal amount of the filling in each pancake and roll them up sealing the ends.
- 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

- Cut the chicken into scallops and finely dice the pimento.
- Peel and finely chop the onions and cook in the oil without colouring.
- 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.
- When cooked the rice should still be moist.
- Add the butter stir lightly with a fork and serve.

Notes:

- Do not wash rice for risotto, pick it over carefully and remove any husks.
- When cooked the rice grains should be nicely firm.
- 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
<u>White sauce</u>	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
Chicken stock 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
Chicken veloute 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
Allumette potatoes 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 even if necessary and serve.

SHALLOW FRIED**18. CHICKEN MARYLAND**

8 PORTIONS

Ingredients

a. Fried Chicken
Chicken (prepared) 2x1.2 kg

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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)	2x1.2 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

CHAPTER 14

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 wok 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 tray 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 work 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 work 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 COVERED

34. 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 try 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 ROAST

37. 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

- 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.
- Cut the bacon into lardons, blanch and fresh them. Cook the mushrooms in a little acidulated water then drain and keep them hot.
- 5 minutes before removing the chickens from the oven add the mushrooms, the lardons and the glazed button onions.
- Pour the surplus fat from the cocotte.
- 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

- Peel the carrots and onions, wash the celery and take a mirepoix.
- Place 3 roundels of truffle between the skin and breast of each chicken.
- 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.
- Fry the olivette potatoes to a golden brown, quarter the artichoke bottoms and saute them and put both aside to keep warm.
- Remove the chicken from the casserole and cut each one into 4 portions.
- 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.
- 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

- Remove the legs from the carcass.
 - Cut each leg in 2 at the joint.
 - Remove the thigh bone and trim the knuckles from the drumsticks.
 - Remove the wish bone and the winglets.
 - 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.
- 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.
- 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.
- 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.

STEW

43. 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

1. Cut the chicken for saute, peel and crush with garlic.
2. Cut the bacon into lardons, blanch and refresh them, peel the onions.
3. Season the chicken pieces, fry in the hot oil to a golden brown. Pour in brandy and flame.
4. Remove the chicken from the pan and place in a casserole with a bouquet garni and the garlic.
5. 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.
6. Cover with a tight fitting lid and cook in an oven at 200°C until the chicken is tender.
7. Transfer the chicken pieces into a warm serving dish and garnish with the onions, mushrooms and lardons. Keep hot.
8. Reduce the cooking liquor by a third and lightly thicken with the beurre manie.
9. 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
Bouquet garni	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

1. 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.
2. 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.

3. 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.
4. Strain the chicken and onions from the sauce and keep them warm.
5. Strain the sauce and reduce to coat the back of a spoon.
6. Mix together the egg yolk, cream and a little of the sauce then add this liaison to the sauce and whisk vigorously.
7. 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.

ROAST

45. 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

1. 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.
2. When cooked the liquid from the carcass should run clear.
3. Remove the cooked chickens from the baking dish, allow them to stand for 10 minutes in a warm place before carving.
4. Prepare a roast gravy from the residue and the brown stock.
5. 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

1. 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.
2. Remove the cooked birds from the dish and make the roast gravy from the residue and the brown stock.
3. 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	
<u>Brown stock</u>	
Chipolata sausages)
Bacon rolls) for garnish

Game chips)
Watercress)
Cranberry sauce/bread sauce allow 150 ml per portion

Method

1. 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.
2. Place the bird onto 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.
3. 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.
4. Allow the turkey to rest for 10 minutes prior to carving.
5. Make a roast gravy using the brown stock and the residue from the cooking process.
6. Serve a portion of white and dark meat together on a dish garnished with chipolata sausages, bacon rolls, game chips and watercress.
7. Serve the roast gravy and cranberry sauce separately.

Notes:

1. Allow 200 g per portion.
2. The stuffing may be varied with the addition of sausage meat
3. Chestnut stuffing may be used in place of parsley and thyme stuffing.
4. 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

1. 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.
2. Boil up any giblets to make a stock.
3. Remove the ducks from the roasting tray, drain them and allow them to stand for 10 minutes.
4. 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.
5. Cut each duck into 4 portions and garnish with watercress.
6. 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

1. Prick the skin of the goose to allow the fat to escape during the cooking process.
2. Remove the internal fat from the bird and season the cavity with salt and pepper.

3. 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.
4. Roast the goose in an oven at 200°C allowing 30 minutes per kg plus 15 minutes over, basting frequently.
5. Remove from the oven transfer it to a clean dish and allow it to rest for 10 minutes.
6. 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.
7. Carve the goose and serve apple sauce and roast gravy separately.

Notes:

1. A goose for roasting should not be more than one year old.
2. 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-glace</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

	2
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-glace</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 reform 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 stick 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 of 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	
<u>Poivrade sauce</u>	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 hang 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
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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.

Archidue: 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.

Smitane 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
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CHAPTER 15

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 forcemeat. 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

1. Beef sausage meat
2. Pork sausage meat
3. Beef
4. Pork

COMPOSITE

5. Haggis
6. Toad in the hole

FRIED

7. Chipolata sausage beryc
8. Sausage
9. Venison Sausage

GRILLED

10. Sausage

PASTRY COVERED

11. Sausage Rolls
 - a. Puff pastry
 - b. Short pastry

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

CHAPTER 16

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 venison	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

Short pastry

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

Ingredients

<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

Method

1. 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.
2. Peel off the shell and inner skin, poach the nuts in white stock until just cooked; drain, cool and chop the flesh.
3. Grate the zest of lemon and squeeze out the juice. Discard the flesh.
4. Finely chop the suet.
5. Mix all the ingredients together to form the stuffing.

2. DUXELLE

1 KILOGRAM

Ingredients

Mushroom trimmings or stalks	450 g
Breadcrumbs	250 g
Oil	25 ml
Shallots or onions	50 g
<u>Demi-glacé</u>	250 ml
Parsley (chopped)	10 g
Salt	
Pepper	

Method

1. Wash, drain and finely chop the mushroom trimmings.
2. Peel and chop the shallots or onions and fry them in oil to a golden colour.
3. Add the chopped mushrooms and cook until all the water evaporates.
4. Add the demi-glacé and bring to the boil, remove from the heat and add the breadcrumbs, chopped parsley and seasoning.

Notes:

1. 100 g of finely chopped ham may be added to the above recipe if desired.
2. This stuffing is used primarily for filling tomatoes, mushrooms, aubergines, marrow and onions.

3. PARSLEY AND THYME STUFFING

1 KILOGRAM

Ingredients

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

Method

1. Peel and finely chop the onions and cook them without colouring in the oil. Allow to cool.
2. Grate the zest from the lemon.
3. Finely chop the suet.
4. Roughly chop the parsley and thyme.
5. Whisk the eggs and milk together then combine all the ingredients to form this stuffing.

Notes:

1. This stuffing is suitable for chicken, lamb hearts, rabbit and veal.
2. When using with poultry, cooked lardons of bacon or diced cooked ham may be added.

4. SAGE AND ONION STUFFING

1 KILOGRAM

Ingredients

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	

Method

1. Finely chop the onion and fry them in the oil to a golden brown.
2. Add the breadcrumbs, parsley, sage and brown stock to the onions.
3. Cook for 2 minutes, stirring constantly.
4. Stir in the dripping.

5. VEGETABLE STUFFING

1 KILOGRAM

Ingredients

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	

Method

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.

FRUIT

6. APRICOT STUFFING

1 KILOGRAM

Ingredients

Dried apricot	400 g
White breadcrumbs	300 g
Lemon	1
Eggs	2
Salt	
Pepper	

Method

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.

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.

- Place on greaseproof paper and allow to dry for 30 minutes.
- Roll up and cut into 5 mm strips.
- Cook in boiling salted water for 10 minutes, refresh and then drain in a colander.
- 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

- Divide the paste into 2 pieces and roll out each piece 2 mm thick, keeping the pieces an even size. Egg wash one piece.
- Put the ravioli filling in a piping bag and pipe hazel nut sized pieces 25 mm apart onto the egg washed paste.
- Cover with the remaining paste and press down between each row of the filling.
- 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.
- Poach in boiling salted water for 10 minutes then refresh and drain in a colander.
- 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

- Cook the spaghetti in boiling salted water for 10 minutes then refresh and drain well.
- Bring the white sauce to the boil, add the spaghetti and half of the grated cheese.
- 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

- Mince the beef. Concasse the tomatoes, peel and chop the garlic.
- Peel and finely chop the onions and cook in the oil until tender without colouring.
- Add the garlic and the minced beef and cook for a further 5 minutes.
- Add the diced tomatoes and demi-glace, bring to the boil, season and simmer for 30 minutes.
- Boil the spaghetti in salted water for 10 minutes, refresh and drain them in a colander.
- Heat the butter in a shallow saucepan, add the spaghetti, and seasoning and toss until thoroughly reheated.
- Place the spaghetti in a serving dish with the bolognaise sauce in the centre.
- 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

- Cook the spaghetti in boiling salted water for 10 minutes, refresh and then drain in a colander.
- Heat the butter in a shallow pan, add the spaghetti and seasoning and toss until thoroughly reheated.
- 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

- Cook the spaghetti in boiling salted water for 10 minutes.
- Refresh and then drain in a colander.
- Slice the mushrooms and cook them in a little butter.
- Cut the ham and tongue into julienne.
- 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.
- Pour into a heated serving dish and sprinkle with grated cheese for service.

CHAPTER 18

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.

- Fry the drumsticks to a golden brown. Cook the peas in boiling salted water and drain.
- 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.
- 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

- Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions then cook them without colouring in the margarine.
- Add the rice and cook for one minute, then add the stock, bouquet garni and seasoning and bring to the boil.
- Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
- 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

- 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.
- 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.
- Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
- 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

- Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions and cook them without colouring in the margarine.
- Add the rice and cook for one minute then add the stock, bouquet garni, seasoning and bring to the boil.
- Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
- 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.
- Cut the chicken livers into halves and saute them in very hot oil then drain them thoroughly.
- 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.
- 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

- Heat half the margarine in a heavy shallow pan. Peel and finely chop the onions and cook them without colouring the margarine.
- Add the rice and cook for one minute then add the stock, bouquet garni and the seasoning and bring to the boil.
- Cover with greaseproof paper and a lid and place in an oven at 180°C for 20 minutes.
- 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

CHAPTER 20

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 bay 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

Pizza dough yeast

Method

1. Blanch and skin the tomatoes, remove the seeds and cut the flesh into small dice.
2. Finely slice the mushrooms and saute 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

1. In cocotte with creamed chicken
2. Monte Carlo

BOILED

3. Hard
4. Soft
5. Curried

FRIED

6. Fried
7. Scotch

OMELETTE

8. Plain
9. Asparagus
10. Ham
11. Ham and parsley
12. Herb
13. Mushroom
14. Potato
15. Cheese
16. Tomato
17. Chicken liver
18. Kidney
19. Souffle
20. Spanish

POACHED

21. Plain
22. Au gratin
23. Benedict
24. Florentine
25. Otero
26. Washington

SCRAMBLED

27. Plain
28. With cheese
29. With ham
30. With mushrooms
31. With tomatoes

SUR LE PLAT

32. Bercy

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 CARLO
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.

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.

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.

17. OMELETTE WITH CHICKEN LIVERS

Ingredients

For 1 omelette	
Eggs	2
Chicken livers	25 g
Butter	25 g
Parsley	pinch
<u>Demi glace</u>	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 basic, 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	
<u>Demi glace</u>	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 basic, 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 basic 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.

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12. Place under a grill until the sauce is coloured.

3. Remove from the heat and stir in the cream and serve.

25. POACHED EGGS OTERO

10 PORTIONS

Ingredients

<u>Eggs poached</u>	10
<u>Baked potatoes</u>	5
<u>Cooked shrimps, mushrooms and truffle</u>	250 g
<u>Mornay Sauce</u>	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

<u>Eggs poached</u>	10
<u>Mornay sauce</u>	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 basin, 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.

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 basin, 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.
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.

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.

SUR LE PLAT

32. EGGS ON THE DISH BERCY

10 PORTIONS

Ingredients

Eggs	10
<u>Chipolata sausages (grilled)</u>	10
<u>Tomato sauce</u>	75 ml
Butter	25 g

Method

1. Coat the bottom of the egg dishes with butter or margarine, season and break the egg in to the dish.

PART 2 - KITCHEN

CHAPTER TWENTY TWO

Savouries and Cocktail Pieces

CHEESE DISHES

1. Cheese balls
2. Cheese biscuits
3. Cheese and onion savoury
4. Cheese and potato pie
5. Cheese on toast
6. Cheese fritters
7. Quiche Lorraine
8. Cheese souffle
9. Cheese straws
10. Cheese tartlets
11. Welsh rarebit
12. Welsh rarebit with bacon
13. Buck rarebit

BARQUETTE AND
TARTLETS COLD

14. Barquette/tartlet cases
15. Anchovy tartlets
16. Caviar barquettes
17. Cheese barquettes
18. Cheese and chutney tartlets
19. Cheese and tomato tartlets
20. Chicken barquettes
21. Curried shrimp barquettes
22. Ham and tongue barquettes
23. Lobster barquettes
24. Pimento and chicken tartlets
25. Salmon tartlets
26. Shrimp barquettes

BOUCHEES

27. Bouchee cases
28. Egg and shrimp bouchees
29. Ham and chicken bouchees
30. Salmon bouchees

CANAPES

31. Canape bases
32. Anchovy canapes
33. Caviar canapes
34. Cheese canapes
35. Egg canapes
36. Egg and tomato canapes
37. Ham canapes
38. Liver pate canapes
39. Mussel canapes
40. Sardine canapes
41. Smoked ham canapes
42. Smoked salmon canapes
43. Prawns and mayonnaise

UNCLASSIFIED

44. Combination sticks
45. Gherkins
46. Olives
47. Silverskin onions
48. Stuffed olives

COCKTAIL PIECES
(HOT) BOUCHEES

49. Chicken bouchees
50. Curried chicken bouchees
51. Curried fish bouchees

UNCLASSIFIED

52. Cheese beignets
53. Cocktail puffs
54. Cocktail sausages
55. Curried meat patties
56. Goujons of plaice
57. Meat balls
58. Mini kebabs
59. Chicken satay
60. Scampi in batter
61. Steak pieces

DINNER SAVOURIES

62. Angels on horseback
63. Barquettes Devonshire
64. Canape baron
65. Canape Diane
66. Canape guards club
67. Canape Ivanhoe
68. Canape Rajah
69. Canape St James
70. Canape Windsor
71. Croque Monsieur
72. Devils on horseback
73. Mushrooms on toast
74. Palatinate titbit
75. Perthshire toast
76. Reform club savoury
77. Sardines on toast
78. Spinach souffle
79. Scotch woodcock
80. Soft roes on toast
81. Tartlet Calcutta
82. Tartlet Dorset delight
83. Tartlet Florentine
84. Yarmouth toast

DIPS (COLD)

85. Avocado dip
86. Cheese dip
87. Mayonnaise dip
88. Peanut dip
89. Yoghurt dip

DIPS (HOT)

90. Barbecue dip
91. Curry dip
92. Mustard dip
93. Sweet and sour dip
94. Tomato dip
95. Onion and yoghurt dip
96. 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 bay 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
<u>Short pastry</u>	500 g
<u>White sauce</u>	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

<u>Short pastry</u>	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

<u>Puff pastry</u>	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

<u>Short pastry</u>	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.

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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
<u>Poached eggs</u>	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 bay, 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

<u>Anchovy butter</u>	50 g
Capers	10
or Stuffed olives	5
Anchovy fillets	5
<u>Tartlet cases</u>	10
<u>Aspic jelly</u>	

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
<u>Barquette cases</u>	10

Method

Fill the barquette cases with caviar and serve.

17. CHEESE BARQUETTES

10 PORTIONS

Ingredients

Cream cheese	50 g
<u>Barquette cases</u>	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
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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

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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
Egg	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

Egg	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
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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
3. 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

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Butter 15 g
Salad oil

Method

1. Cut the smoked ham into thin slices (Parma ham is normally purchased already sliced).
2. Toast the bread, spread it with butter and cut into small finger shapes.
3. Make a small cylinder of smoked ham and place one on each base.
4. 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

1. Cut the smoked salmon into thin slices.
2. Toast the bread, spread it with butter and cover with a single layer of smoked salmon.
3. 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
Mayonnaise 100 ml

Method

1. Peel the tails of the prawns and secure them into half a lemon using the spike of the head.
2. 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.

1. Small squares of cheese, pineapple and silverskin onions.
2. Small squares of cheese, gherkins and a cocktail cherry.
3. Olives, prawns and small cocktail onions.
4. 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
Bouchee cases 10
Chicken veloute 50 ml

Method

1. Cut the cooked chicken into very small dice and place into a china basin.
2. Bind with hot chicken veloute and adjust the seasoning.
3. Remove the lids from the bouchee cases, fill with the chicken mixture and replace the lids.
4. 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
Bouchee cases 10
Curry sauce 50 ml

Method

1. Cut the chicken into very small dice and place into a china basin.
2. Bind with curry sauce and adjust the seasoning.
3. Remove the lids from the bouchee cases, fill with the chicken mixture and replace the lids.
4. 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
Bouchee cases 10
Curry sauce 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 a 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

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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
Frying batter	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 consommé</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 consommé.
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
<u>White sauce</u>	75 ml
Cayenne pepper	
Parsley	
Bread	10 slices

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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
<u>Clarified butter</u>	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
<u>Anchovy sauce</u>	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
<u>Anchovy butter</u>	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

- Poach the haddock, remove the skin and bones and flake the flesh.
- Cut the mushrooms into small dice and cook them in butter.
- Cut the ham into small dice and mix with the haddock and mushrooms.
- Stir in the cheese soufflé mixture.
- Fill the barquette cases, sprinkle with the grated cheese and bake to a golden colour in an oven at 220°C.
- 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

- Split the sardines in half lengthways and remove the centre bone.
- Toast the bread on both sides and cut into croutons 65 mm x 55 mm.
- Arrange 2 halves of sardine on each piece of toast, brush over with melted butter.
- Sprinkle with cayenne pepper and warm through in the oven.
- 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

- Separate the yolks of the eggs from the whites. Lightly grease the insides of the soufflé dishes with butter. Make a white roux with the butter and flour. Allow to cool.
- 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.
- Whisk the egg whites to a stiff peak and fold them into the mixture.
- Three quarters fill the buttered soufflé dishes and bake in an oven at 80°C for 30 minutes.
- 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

- Toast the bread on both sides. Cut out croutons 65 mm in diameter.
- Spread the croutons with anchovy butter. Scramble the eggs and pile them onto the croutons.
- 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

- Season the soft roes and coat them in flour then shallow fry them in oil to a golden brown.
- Toast the bread on both sides. Cut into croutons 55 mm x 55mm and spread with butter.
- 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

- Hard boil the eggs, refresh and remove the shells.
- Sieve the yolks. Chop the chutney and heat it in a pan.
- Heat the curry sauce mix with the shrimps and fill the tartlet cases.
- Cover the centre with the heated chutney and garnish with the egg yolk.
- 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
<u>Tartlet cases</u>	10

Method

- Hard boil the plovers eggs for 8 minutes, refresh and remove the shells.
- Boil the white sauce.
- Mince the chicken through a fine plate then mix it with the pate and bind with the white sauce.
- Flour, egg wash and breadcrumbs the plovers eggs.
- Fill the tartlet cases with the chicken and pate mixture.
- Deep fry the eggs and place one in the centre of each tartlet.
- 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	25 g
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
<u>Brown stock</u>	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.

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4. Bring to the boil and simmer for 30 minutes.
5. Adjust the seasoning and consistency and serve.

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
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.

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. Creamed

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
<u>White stock</u>	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
<u>White stock</u>	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
<u>White stock</u>	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	

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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.

- Mould the mixture into balls approximately 25 g in weight.
- Finely chop the almonds.
- Pass the potato balls through seasoned flour, egg wash and the almonds.
- Mould to an apricot shape and deep fry to a golden colour.
- 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

- Mould the duchess mixture into balls 25 g in weight.
- Pass them through seasoned flour, egg wash and breadcrumbs.
- Mould them into cylindrical shapes and deep fry them to a golden colour.
- 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

- Mix the choux paste and duchess potato together.
- 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.
- Deep fry to a golden colour. The potatoes will float when cooked.
- 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

- Mix choux paste and duchess potato together.
- 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.
- Deep fry to a golden colour. The potatoes will float when cooked.
- 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

- Grate the cheese and mix together with the choux paste and duchess potato.
- 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.
- Deep fry to a golden colour. The potatoes will float when cooked.
- 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

- Concasse the tomatoes.
- 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.
- 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.
- Brush over with melted margarine and colour under a grill or in an oven at 230°C.
- Fill the cavity with the tomato and shallot mixture.
- Decorate for service with a little chopped parsley.

DEEP FRIED

23. ALUMETTE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Salt	

Method

- Cut the potatoes into small fingers 5 mm square by 50 mm long then wash, drain and dry them thoroughly.
- Place them into a frying basket and blanch without colouring in very hot oil until tender.
- Drain thoroughly and when required for service plunge again into hot oil to quickly colour to a golden brown.
- Drain thoroughly before serving.

24. BATAILLE POTATOES

10 PORTIONS

Ingredients

Potatoes (prepared)	2 kg
Salt	

Method

- Cut the potatoes into 25 mm dice then wash, drain and dry them thoroughly.
- Place into a frying basket and blanch them without colouring in deep hot oil until tender.
- Drain thoroughly and when required for service plunge again into hot oil to quickly colour to a golden brown.
- Drain thoroughly before serving.

25. CHIPPED POTATOES

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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
<u>Meat glaze</u>	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

<u>Boiled potatoes</u>	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.

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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
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
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

<u>Boiled new potatoes</u>	2 kg
Butter	50g
Bacon	50g
Onions	50g
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.
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

<u>Saute Potatoes</u>	2 kg
<u>Saute Onions</u>	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

PULSESES

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
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
White stock 500 ml
Jus lie 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
Brown stock 250 ml
Demi glace 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.
3. 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
White stock 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.

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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 basic 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
Cheese sauce 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
Hollandaise sauce 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
White sauce 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
Blanc
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.

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- Place a slice of lemon at the base of each one and tie in place with string.
- Simmer in a blanc or well acidulated water until the base is tender.
- Drain and remove the core carefully from the centre and leave it clean. Replace the centre on top of the leaves.
- 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

- Remove the stalk close to the body of the artichoke.
- Trim away the green bottom leaving the meaty yellow flesh exposed. Rub with a lemon.
- Cut the upper green leaves away leaving the artichoke bottom about 15 mm thick.
- 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

- Peel the aubergines and cut them into 5 mm thick slices. Cover them with salt and allow them to stand for 30 minutes.
- Drain and pass through milk and flour.
- Deep fry in hot oil until tender and a golden brown.
- Drain, season and serve on a doily covered dish.

Notes:

- 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.
- This dish may be served cold as a 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

- Peel and slice the aubergines. Cover them with salt and allow them to stand for 30 minutes.
- Drain, pass them through flour and saute them until tender in oil.
- Concasse the tomatoes.
- Dice the pepper and onions and fry until just tender, add the tomato and cook for a further 2 minutes. Toss all the cooked ingredients together in a pan.
- Adjust the seasoning, decorate with parsley and serve.

Notes:

- 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.
- This dish may be served cold as an hors d'oeuvre.

29. STUFFED AUBERGINES

10 PORTIONS

Ingredients

Aubergines	5
<u>Jus lie</u>	125 ml
<u>Vegetable stuffing</u>	200 g

Method

- Cut the aubergine in 2 lengthways. Score the faces in a latticework pattern with a knife.
- Deep fry in hot oil until tender.
- Drain on a cloth and remove the centre seeds with a spoon.
- 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.
- Place the aubergines in a flat dish or pan and fill them with vegetable stuffing.
- Sprinkle the tops with the breadcrumbs and melted margarine and place them in an oven at 180°C to bake for 30 minutes.
- 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

- Slice the courgettes into 5 mm thick slices.
- Peel and slice the onions, crush and finely chop the garlic.
- Concasse the tomatoes.
- Heat the oil in a pan, lightly fry the onions and garlic. Add the courgettes and tomatoes, season and fry gently until cooked.
- Decorate with parsley before serving.

31. COURGETTES PROVENCAL

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
Rice a la grecque 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
Rice a la grecque 300 g
Cooked ham 50 g
White sauce 500 ml
Butter 50 g
Jus lie 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
Duxelle stuffing 200 g
White breadcrumbs 50 g
Margarine 50 g
Jus lie 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.

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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
<u>White stock</u>	500 ml
<u>Demi glace</u>	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.
2. Place the cabbage on top, half cover with stock, season and cover with greaseproof paper, bring to the boil and cover with a lid.
3. 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.

44. BRAISED STUFFED CABBAGE

10 PORTIONS

Ingredients

Cabbage	1.6 kg
<u>Sausage meat</u>	150 g
Carrots	50 g
Onions	50 g
Bacon trimmings	100 g
<u>White stock</u>	500 ml
Salt	
Pepper	
<u>Demi-glace</u>	250 ml

Method

1. Prepare the cabbage by removing any discoloured leaves.
2. 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 board, 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
<u>White stock</u>	250 ml
<u>Jus lie</u>	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.
- 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.

46. BRAISED RED CABBAGE WITH APPLES

10 PORTIONS

Ingredients

Red cabbage	1.2 kg
Apples	400 g
Onions	50 g
<u>White stock</u>	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.
- Cook the spinach in a minimum of boiling salted water until tender, refresh it under cold running water and then squeeze it into balls.
- Heat the butter in a saute pan, put in the spinach and stir lightly until it is completely reheated.
- 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

- Prepare the spinach by removing the large stalks and any discoloured leaves.
- Thoroughly wash the leaves in several changes of cold water then allow to drain.
- 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.
- Pass the spinach through a fine wire sieve or a mincer with a fine plate.
- Heat the butter in a saucepan, add the spinach and cook until the surplus water has evaporated.
- Stir in sufficient white sauce to form a creamy mixture.
- 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

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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	
Supreme sauce	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
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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
<u>White sauce</u>	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
<u>White sauce</u>	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
<u>White sauce</u>	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.

- Cover with a lid and cook slowly. When almost cooked remove the lid and allow the liquor to evaporate until only a glaze remains.
- 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

- Wash and peel the carrots and turnips and cut them into batons.
- 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.
- Cook the peas in boiling salted water until tender.
- 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

- Wash and peel the parsnips and cut them into batons.
- Place them in a saucepan add salt, bring them to the boil and skim.
- Cover them with a lid and simmer until tender.
- 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

- Wash and peel the parsnips, cut them lengthways into halves or quarters depending on size.
- Place them in a saucepan, cover them with water, bring to the boil and then simmer for 5 minutes.
- 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.
- Drain off any surplus oil and serve decorated with parsley.

72. BOILED SWEDE

10 PORTIONS

Ingredients

Swedes	1.5 kg
Parsley (chopped)	
Salt	

Method

- Peel the swedes with a knife ensuring the hard fibres beneath the skin are removed.
- Cut the swedes into batons, wash them in cold water, place them in a saucepan cover with cold water.
- Bring to the boil, add salt, cover with a lid and simmer until tender.
- 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

- Peel the swedes with a knife ensuring that the hard fibres beneath the skin are removed.
- Cut the swedes into batons wash them in cold water, place them in a saucepan and cover with cold water.
- Bring to the boil, add salt, cover with a lid and simmer until tender.
- 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

- Peel the turnips with a knife ensuring that the hard fibres beneath the skin are removed.
- Cut the turnips into batons, wash them in cold water place in a saucepan and cover with cold water.
- Bring to the boil, add salt, cover with a lid and simmer until tender.
- 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

- Peel the turnips with a knife ensuring that the hard fibres beneath the skin are removed.

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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
<u>Blanc</u>	2 ltr
<u>White sauce</u>	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

1. Celery and apple
2. Coleslaw
3. Florida
4. Japonaise
5. Meat
6. Mimosa
7. Nicoise
8. Pasta
9. Potato and apple
10. Potato and celery
11. Rice
12. Russian
13. Three bean
14. Tomato and cucumber
15. Vegetable
16. Waldorf

SIMPLE

17. Avocado
18. Beetroot
19. Capsicum
20. Celeric
21. Celery
22. Cucumber
23. Endive
24. French salad
25. French bean salad
26. Green salad
27. Mixed salad
28. Orange
29. Potato
30. Tomato

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
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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	

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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
<u>Vinaigrette</u>	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
<u>Mayonnaise</u>	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
<u>Mayonnaise</u>	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
<u>Vinaigrette</u>	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
<u>Vinaigrette</u>	75 ml
Onions	25 g
Parsley (chopped)	
Garlic	1 clove
Salt	
Pepper	

Method

CHAPTER 25

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
<u>Vinaigrette</u>	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.

