

Chef

e x p r e s s



mcdowell**news**.com

back
to

basics





World Wide Publication & Distribution:
STANDARD INTERNATIONAL PRINT GROUP
WWW.STNDPUB.COM

Back to Basics e-pub

© STANDARD INTERNATIONAL COPYRIGHT LEASING

Publisher
Simon St. John Bailey

Editor-in-chief
Susan Knightley

Prepress
Precision Prep & Press

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form and by any means without written permission of the Publisher, except in the case of brief quotations embodied in critical articles and reviews.

ISBN 9781600816246MDN

Sept 2017



Those who are beginners need them as a guide for giving their first steps. The most experimented want to keep them handy as an eternal renewal of inspiration. Both count on them for showing off on a daily basis on the family table. At the end of the day, the basic recipes are the unquestionable core of the good cooking. You will find the recipes in this book are written in an easy-to-follow style, with most ingredients available at your



back to basics

introduction



supermarket. Before trying them out, a revision will undoubtedly result useful.

Cooking methods

- **Steaming:** The food is set over boiling water and cooked in the steam given off. Place the food in a metal basket, on a wire rack, or in a steamer in a saucepan, set 1.5-2.5 cm/ $1/2$ -1 in above the water. Tightly cover the pan and cook for the required time. Steaming is one of the best ways to cook food and retain the maximum number of vitamins and minerals.
- **Simmering:** This is when liquids are just hot enough for a few bubbles to form slowly and the bubbles burst below the surface. Simmering takes place at a lower temperature than boiling and should not be confused with boiling.
- **Boiling:** This is when liquids are hot enough to form bubbles that rise in a steady pattern and break on the surface. The whole mass of liquid starts to move as the bubbling begins.

- **Pan cooking:** The food is cooked in a little fat in a frying pan. The most commonly used fats are butter and oil. When pan cooking you need to make sure that the fat is hot enough so that the food cooks without absorbing too much fat, but the fat should not be too hot or the food will burn.
- **Deep-frying:** The food is cooked in plenty of hot oil, enough to cover it deeply. To test the oil temperature, drop in a cube of bread and check that it browns in 50 seconds. If it takes longer, it means that the oil is not hot enough and the food will absorb too much fat. If it takes less time, it is too hot: the piece of food will be undercooked inside and the surface burnt.
- **Grilling:** Cooking food by direct dry heat. This method can be used to cook foods such as steaks, chops and sausages, as well as for browning or toasting the top of denser foods.
- **Baking:** Cooking food by indirect dry heat. The food can be cooked covered or uncovered, usually in an oven. Cooking meat in this way is called “roasting”.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



beef stock

■ □ □ | Cooking time: 2 hours - Preparation time: 15 minutes

ingredients

- > 500 g/1 lb shin beef, diced
- > 500 g/1 lb marrow bones, cut into pieces
- > 1 onion, quartered
- > 2 carrots, roughly chopped
- > 4 stalks celery, roughly chopped
- > fresh herbs of your choice
- > 4 peppercorns
- > 3 liters/5 pt cold water

method

1. Place beef, bones, onion, carrots, celery, herbs, peppercorns and water in a large saucepan. Bring to the boil over a medium heat, reduce heat and simmer, stirring occasionally, for 2 hours.
2. Strain stock and refrigerate overnight.
3. Skim fat from surface of stock and use as required or freeze.

.....
Makes 2 liters/3½ pt

variation

- Chicken stock: Substitute 1 chicken carcass, skin removed and trimmed of all visible fat, for beef and bones.

tip from the chef

This recipe will make a rich stock. The meat can be omitted and only the bones used if you wish.



creamy leek and potato soup



■□□ | Cooking time: 1 hour - Preparation time: 15 minutes

method

1. Heat oil in a saucepan over a medium heat. Add leeks and onion and cook (a), stirring occasionally, for 10 minutes or until golden and tender.
2. Add potatoes and stock (b) and bring to the boil. Reduce heat and simmer for 20-30 minutes or until potatoes are tender. Remove pan from heat and set aside to cool slightly.
3. Using a mixer process soup in batches (c) until smooth. Return soup to a clean saucepan and bring to the boil. Reduce heat, stir in cream and black pepper to taste and simmer for 15 minutes. Just prior to serving, stir in chives.

ingredients

- > 2 tablespoons vegetable oil
- > 2 leeks, white part only, thinly sliced
- > 1 onion, chopped
- > 500 g/1 lb potatoes, chopped
- > 4 cups/1 liter/1³/₄ pt chicken stock (page 6)
- > 1¹/₄ cups/315 ml/ 10 fl oz cream
- > freshly ground black pepper
- > 2 tablespoons chopped fresh chives

.....
Serves 4-6

tip from the chef

To prepare and clean leeks, trim green tops, remove outer leaves and bottom, cut white part in half lengthways and rinse in cold water to remove any grit and dirt.



a



b



c

pea and ham soup

■ □ □ | Cooking time: 130 minutes - Preparation time: 15 minutes

ingredients

- > 4 cups/1 liter/1³/₄ pt beef stock (page 6)
- > 2 onions, chopped
- > 2 carrots, diced
- > 500 g/1 lb ham bones
- > 220 g/7 oz green split peas
- > 1 tablespoon chopped fresh mint
- > freshly ground black pepper

method

1. Place stock in a saucepan and bring to the boil, then reduce heat to simmering. Add onions, carrots and bones and simmer for 1 hour or until ham comes away from the bones. Skim the surface frequently during cooking to remove any scum that forms (a).
2. Remove ham bones and cut meat into chunks; set aside (b). Allow soup to cool, then remove fat from the surface.
3. Stir split peas and mint into soup and bring to the boil. Reduce heat and simmer, stirring occasionally, for 1 hour or until peas are tender. Return ham to soup (c), season to taste with black pepper and cook for 5 minutes longer.

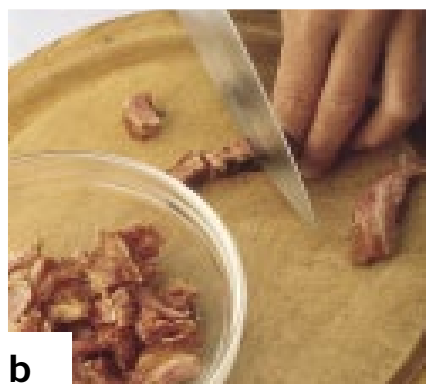
.....
Serves 4-6

tip from the chef

The easiest way to remove fat from the surface of soups, casseroles and stews is to refrigerate them overnight. The fat will set on the surface and can then be easily removed before completing the recipe.



a



b



c



classic

tomato sauce



■□□ | Cooking time: 30 minutes - Preparation time: 10 minutes

method

1. Heat oil in a frying pan over a medium heat. Add onion and garlic and cook, stirring, for 5 minutes or until golden.
2. Add tomatoes and bring to the boil. Reduce heat and simmer for 15 minutes.
3. Stir in wine and sugar and simmer for 10 minutes longer or until sauce reduces and thickens. Season to taste with black pepper.

.....
Makes 1 cup/250 ml/8 fl oz

ingredients

- > 1 tablespoon olive oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 8 large tomatoes, peeled, seeded and chopped or 440 g/14 oz canned tomatoes, undrained and mashed
- > 1/4 cup/60 ml/2 fl oz white wine
- > 2 teaspoons sugar
- > freshly ground black pepper

tip from the chef

To peel a tomato, nick the skin several times with the tip of a small sharp knife. Place tomato in a bowl, pour over boiling water, leave for 2 minutes, drain and plunge into cold water. The skin will now peel off easily.



saucy vegetables

■ □ □ | Cooking time: 8 minutes - Preparation time: 5 minutes

ingredients

white sauce

- > 30 g/1 oz butter
- > 2 tablespoons plain flour
- > 1 cup/250 ml/8 fl oz milk
- > salt, pepper and nutmeg

vinaigrette

- > 1 tablespoon French mustard
- > 3 tablespoons white wine vinegar
- > freshly ground black pepper
- > 3/4 cup/190 ml olive oil

method

1. To make white sauce, melt butter in a saucepan, stir in flour (a). Cook over medium heat for 1 minute. Remove pan from heat and whisk in milk a little at a time (b) until well blended. Return to heat and cook, stirring constantly, until sauce boils and thickens. Remove from heat and season to taste with salt, pepper and nutmeg (c).
2. To make vinaigrette, place mustard in a bowl and whisk in the vinegar. Season to taste with pepper. Add oil a little at a time, whisking well until mixture thickens.

.....
Makes 1 cup/250 ml/8 fl oz each sauce

white sauce variations

- Cheese sauce: Stir 1/2 cup/60 g grated tasty cheese into ready sauce. Avoid reheating.
- Curry sauce: Blend 2 teaspoons curry powder into flour mixture.

tip from the chef

White sauce and its variations can be served with many different steamed, boiled or microwaved vegetables. Vinaigrette is the classic dressing for either raw or cooked vegetable salads.



creamy sauce



■□□ | Cooking time: 8 minutes - Preparation time: 5 minutes

method

1. Combine onion and wine in a small saucepan. Simmer, uncovered, about 5 minutes or until reduced by half.
2. Add cream, sour cream and stock powder, simmer, uncovered, until thickened slightly.
3. Blend or process sauce until smooth, gradually add butter, continue blending until combined. Serve immediately.

ingredients

- > 1 small onion, finely chopped
- > 120 ml/4 fl oz dry white wine
- > 300 ml/10 fl oz cream
- > 90 ml/3 fl oz sour cream
- > 1 tablespoon chicken stock powder
- > 60 g/2 oz butter, chopped

.....
Makes 2 cups/500 ml/16 fl oz

variations

- Mustard saffron sauce: Add pinch saffron powder and 1 tablespoon Dijon mustard along with the creams.
- Peppercorn sauce: Add 2 tablespoons drained green peppercorns and 1 tablespoon snipped fresh chives to ready sauce.
- Curry sauce: Add 2 teaspoons curry powder along with the wine.

tip from the chef

Do not reheat sauce to prevent from curdling. Serve your favorite version with pan-fried chicken breasts or sliced roasted veal.



baked jacket potatoes

■ □ □ | Cooking time: 1 hour - Preparation time: 5 minutes

ingredients

> 4 large potatoes

ham and corn filling

- > 185 g/6 oz ham, chopped
- > 125 g/4 oz canned creamed sweet corn
- > 1/4 cup/60 g/2 oz sour cream
- > 60 g/2 oz tasty cheese (mature Cheddar), grated
- > 2 tablespoons snipped fresh chives
- > freshly ground black pepper

cheesy mushroom filling

- > 30 g/1 oz butter
- > 2 spring onions, chopped
- > 1 clove garlic, crushed
- > 155 g/5 oz button mushrooms, sliced
- > 1 tablespoon chopped fresh parsley
- > 1/2 cup/125 g/4 oz sour cream
- > 120 g/4 oz Parmesan cheese, grated

method

1. Scrub potatoes and pat dry with absorbent kitchen paper. Pierce skin of potatoes several times with a fork. Place potatoes on an oven rack and bake at 200°C/400°F/ Gas 6 for 1 hour or until tender. To fill, cut cooked potatoes in half and scoop out flesh leaving a 1 cm/1/2 in shell. Mash potato flesh.
2. For ham and corn filling, add ham, corn, cream, cheese, chives and pepper to mashed potato.
3. For cheesy mushroom filling, melt butter in a frying pan over a medium heat, cook spring onions and garlic, stirring, for 2 minutes. Add mushrooms and parsley and cook for 3 minutes. Add mushroom mixture, cream, cheese and pepper to mashed potato.
4. Spoon each filling into potato shells and bake for 15 minutes or until golden.

.....
Serves 4

tip from the chef

Plain baked jacket potatoes are delicious with sour cream or natural yogurt and fresh chives. Tasty versions are great as a side dish to grilled or pan-cooked chops or steaks, and can also be served with a green salad for a lunch or supper dish.



potato

salad



■ ■ □ | Cooking time: 35 minutes - Preparation time: 15 minutes

method

1. Place potatoes in a saucepan, cover with cold water and bring to the boil. Reduce heat and simmer for 10-15 minutes or until potatoes are tender. Drain and set aside to cool.
2. Place eggs in a saucepan, cover with cold water and bring to the boil over a medium heat, then simmer for 10 minutes. Drain and cool under cold running water. Cool completely. Remove shells and cut into quarters.
3. Place bacon in a nonstick frying pan and cook over a medium heat, stirring occasionally, for 10 minutes or until crisp. Drain on absorbent kitchen paper.
4. Place potatoes, eggs, bacon, onion, spring onions, dill and mint in a salad bowl and toss gently to combine.
5. To make dressing, combine mayonnaise, yogurt, mustard and black pepper to taste in a bowl. Spoon dressing over salad and toss to combine.

ingredients

- > 1 kg/2 lb potatoes, cut into cubes
- > 3 eggs
- > 4 rashers bacon, rind removed, chopped
- > 1 onion, finely chopped
- > 2 spring onions, chopped
- > 2 tablespoons chopped fresh dill
- > 1 tablespoon chopped fresh mint

mustard dressing

- > 1 cup/250 ml/8 fl oz mayonnaise
- > 3 tablespoons natural yogurt
- > 1 tablespoon Dijon mustard
- > freshly ground black pepper

.....
Serves 6

tip from the chef

Take care not to overcook potatoes. The best potatoes to use for salad are new ones –these hold their shape better than more mature potatoes. If making salads from mature potatoes, scrub and boil in their skins, then cool, peel and chop.



french omelette

■ □ □ | Cooking time: 10 minutes - Preparation time: 5 minutes

ingredients

- > 2 eggs
- > 1 tablespoon cold water
- > salt and pepper
- > 15 g/1/2 oz butter

vegetarian filling

- > 1/2 tablespoon olive oil
- > 1 tablespoon chopped green pepper
- > 1 tablespoon finely chopped onion
- > 1/2 clove garlic, crushed
- > 1/2 tomato, peeled and chopped
- > 2 black olives, sliced
- > 1 teaspoon finely chopped fresh basil
- > freshly ground black pepper

method

1. To make filling, heat oil in a small saucepan. Cook green pepper, onion and garlic for 2-3 minutes or until soft. Add tomato, olives and basil and cook over a medium heat for 5 minutes longer. Season with black pepper.
2. Lightly whisk together eggs and water; season to taste. Heat an omelette pan over a medium heat. Add butter and tilt the pan so the base is completely coated. When butter is foaming, but not browned, add egg mixture. As it sets use a palette knife or fork to gently draw up the edge of the omelette until no liquid remains.
3. Top with filling and fold in half. Slip omelette onto a plate and serve.

.....
Serves 1



tip from the chef

For best results, prepare and cook omelettes quickly and serve immediately. Remember, if the heat is too high, or the omelette is cooked for too long, it will be tough and dry.



spaghetti

bolognese



■ ■ □ | Cooking time: 55 minutes - Preparation time: 15 minutes

method

1. To make sauce, heat oil in a frying pan over a medium heat. Add onion and garlic and cook, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until browned. Stir in tomatoes, tomato paste and wine and bring to the boil. Reduce heat and simmer for 15 minutes. Add Worcestershire sauce and basil and simmer for 15 minutes longer or until sauce reduces and thickens. Season to taste with black pepper.
3. Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a warm serving bowl.
4. To serve, spoon hot sauce over pasta and sprinkle with Parmesan cheese and parsley.

.....
Serves 4

ingredients

- > 500 g/1 lb spaghetti
- > 60 g/2 oz fresh Parmesan cheese, grated
- > 2 tablespoons chopped fresh parsley

bolognese sauce

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 500 g/1 lb lean beef mince
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 2 tablespoons tomato paste (purée)
- > 1/4 cup/60 ml/2 fl oz red wine
- > 1 tablespoon Worcestershire sauce
- > 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- > freshly ground black pepper

tip from the chef

Fresh Parmesan cheese is best purchased in a piece then grated as required. Once you have tried fresh Parmesan you will realize that it has a much milder and better flavor than the grated cheese that comes in packets.



pesto farfalle

■ □ □ | Cooking time: 10 minutes - Preparation time: 8 minutes

ingredients

- > 500 g/1 lb farfalle pasta
- > 60 g/2 oz fresh Parmesan cheese, grated

pesto

- > 1 bunch fresh basil
- > 60 g/2 oz pine nuts, toasted
- > 2 cloves garlic, crushed
- > 4 tablespoons grated fresh Parmesan cheese
- > 1/2 cup/125 ml/4 fl oz olive oil
- > freshly ground black pepper

method

1. To make pesto, place basil, pine nuts, garlic and Parmesan cheese in a food processor or blender and process to finely chop. With machine running, slowly pour in oil and process until mixture is smooth. Season to taste with black pepper.
2. Cook pasta in boiling water in a large saucepan following packet directions. Drain and place in a warm serving bowl.
3. To serve, spoon pesto over hot pasta and toss to combine. Sprinkle with remaining cheese.

.....
Serves 4



tip from the chef

Cheese shavings are an easy and attractive garnish for many pasta dishes and salads. To make them, use a vegetable peeler to remove shavings from a piece of fresh Parmesan.



classic lasagna



■■■ | Cooking time: 100 minutes - Preparation time: 15 minutes

method

1. To make meat sauce, heat oil in a frying pan over a medium heat. Cook onion and garlic, stirring, for 3 minutes or until golden. Add mushrooms and cook for 5 minutes or until tender. Add beef and cook, stirring occasionally, for 10 minutes or until brown. Stir in tomato sauce (a) and herbs and bring to the boil. Reduce heat and simmer for 20 minutes or until sauce reduces and thickens. Season with black pepper.
2. Line the base of a greased 18 x 28 cm/ 7 x 11 in ovenproof dish with one-third of the lasagna, top with one-third of the meat sauce and one-third of the cheese sauce (b), then sprinkle with one-third of the Parmesan cheese. Repeat layers, finishing with a layer of Parmesan cheese.
3. Sprinkle top with mozzarella cheese (c) and bake at 180°C/350°F/Gas 4 for 1 hour or until lasagna is tender.

ingredients

- > 250 g/8 oz instant lasagna
- > 1 quantity cheese sauce (page 14)
- > 125 g/4 oz Parmesan cheese, grated
- > 220 g/7 oz mozzarella cheese, grated

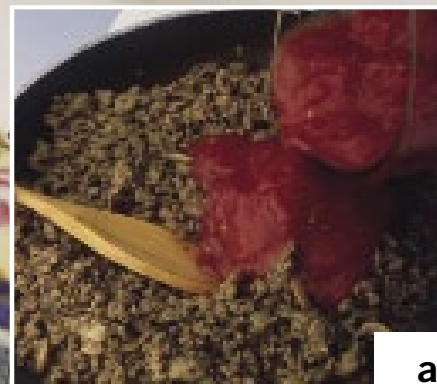
meat sauce

- > 1 tablespoon olive oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 220 g/7 oz button mushrooms, sliced
- > 500 g/1 lb lean beef mince
- > 2 quantities classic tomato sauce (page 12)
- > 1 tablespoon chopped fresh mixed herbs or 1 teaspoon dried mixed herbs
- > freshly ground black pepper

.....
Serves 6

tip from the chef

If instant (no precooking required) lasagna is unavailable use dried lasagna instead, but cook it before using. When using instant lasagna the cooked dish tends to be moister and the pasta more tender if the lasagna sheets are dipped in warm water before assembling.



a



b



c



easy paella

■□□ | Cooking time: 50 minutes - Preparation time: 10 minutes

ingredients

- > 2 tablespoons vegetable oil
- > 1 kg/2 lb chicken pieces
- > 2 large red onions, cut into wedges
- > 2 cloves garlic, crushed
- > 2 spicy sausages, sliced
- > 1 red pepper, cut into thin strips
- > 2 cups/440 g/14 oz short grain rice
- > 3 cups/750 ml/1¼ pt chicken stock (page 6)
- > 6 strands saffron
- > 125 g/4 oz green beans, trimmed and halved
- > 250 g/8 oz uncooked prawns, shelled and deveined
- > 125 g/4 oz frozen peas
- > freshly ground black pepper

tip from the chef

For this recipe use a Spanish sausage such as chorizo, or a spicy salami, and first quality saffron. While saffron is an expensive spice, you only require a little to add a wonderful color and flavor to food. Paella is really a complete meal, however you might like to accompany it with a tossed green salad.

method

1. Heat oil in a large frying pan over a medium heat and cook chicken in batches, turning occasionally (a), for 10 minutes or until brown on all sides. Drain on absorbent kitchen paper and set aside.
2. Add onions and garlic to pan and cook, stirring, for 3 minutes or until soft. Add sausages and red pepper (b) and cook, stirring, for 5 minutes or until sausage is cooked.
3. Stir in rice and cook for 5 minutes or until translucent. Stir in stock (c) and saffron and bring to simmering. Return chicken to pan, cover and simmer, stirring occasionally, for 20 minutes or until most of the liquid is absorbed.
4. Add beans, prawns and peas, cover and cook for 5 minutes longer or until prawns, chicken and vegetables are cooked and all the liquid is absorbed. Season to taste with black pepper.

.....
Serves 6



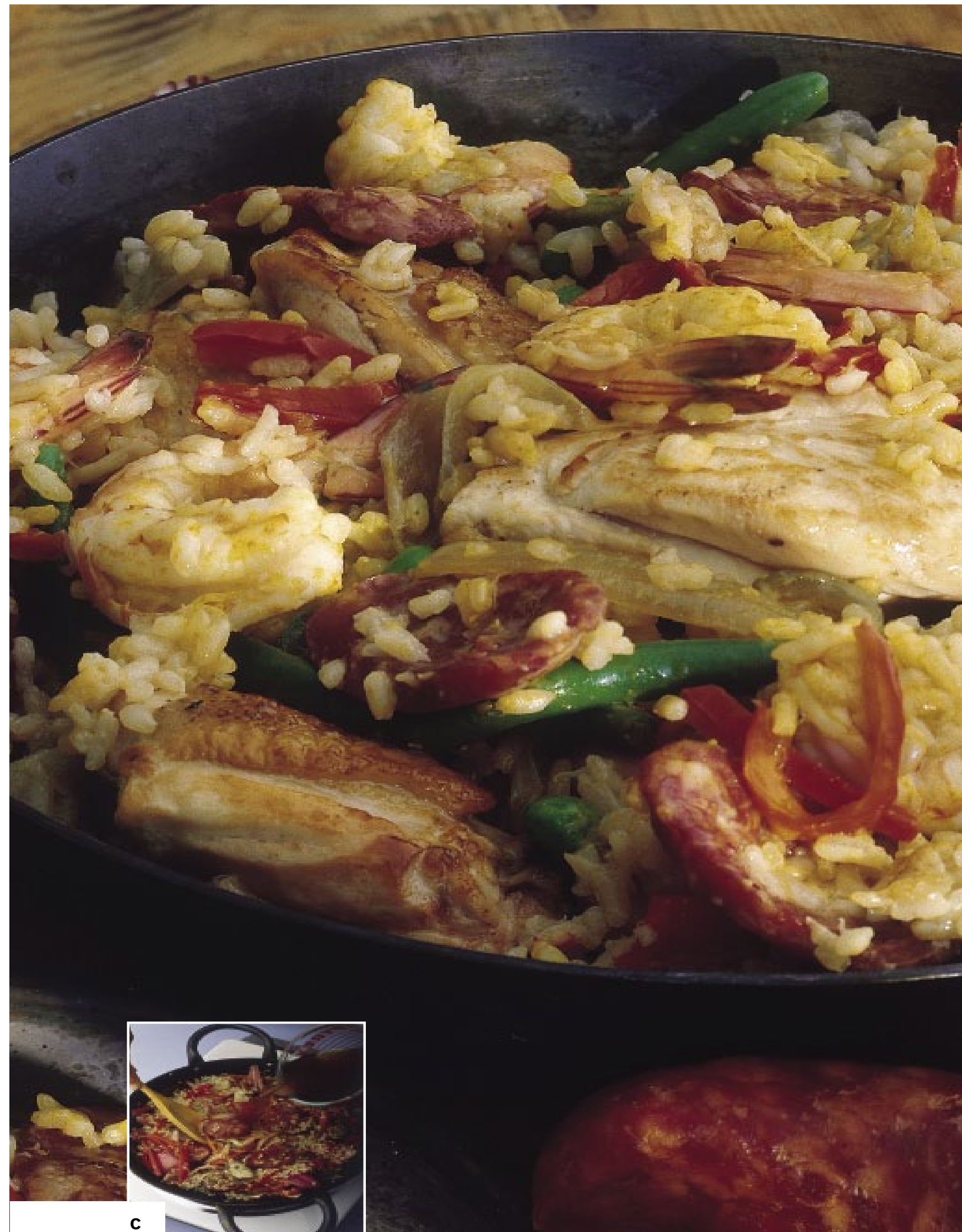
a



b



c



mushroom

risotto



■□□ | Cooking time: 25 minutes - Preparation time: 10 minutes

method

1. Combine stock and wine in a saucepan and bring to the boil over a medium heat. Reduce heat and keep warm.
2. Melt butter in a large saucepan over a medium heat. Cook onion and garlic, stirring, for 5 minutes or until golden. Stir in mushrooms and cook for 5 minutes or until tender.
3. Add rice and cook, stirring, for 5 minutes or until well coated with butter and translucent. Stir in 1 cup/250 ml/8 fl oz hot stock mixture and cook over a medium heat, stirring constantly, until stock is absorbed. Continue adding stock mixture and cooking in this way until all liquid is used and rice is just tender.
4. Stir in parsley, black pepper to taste and half the Parmesan cheese. Sprinkle with remaining cheese and serve immediately.

ingredients

- > 3 cups/750 ml/1¹/₄ pt chicken stock (page 6)
- > 1 cup/250 ml/8 fl oz dry white wine
- > 60 g/2 oz butter
- > 1 onion, sliced
- > 1 clove garlic, crushed
- > 250 g/8 oz button mushrooms, sliced
- > 2 cups/440 g/14 oz arborio rice
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper
- > 125 g/4 oz Parmesan cheese, grated

.....
Serves 6

tip from the chef

Arborio rice is specially suitable for risottos, as it absorbs liquid without becoming soggy. If arborio rice is unavailable, use short grain rice. A risotto made in the traditional way, where liquid is gradually added, will take 20-30 minutes to cook.



fish 'n' chips

■ ■ □ | Cooking time: 20 minutes - Preparation time: 30 minutes

ingredients

- > 500 g/1 lb potatoes
- > 4 firm white fish fillets
- > vegetable oil for deep-frying

beer batter

- > 1½ cups/185 g/6 oz flour
- > freshly ground black pepper
- > ¼ cup/60 ml/2 fl oz milk
- > ¼ cup/60 ml/2 fl oz beer
- > 1 egg

method

1. To make batter, sift together flour and black pepper to taste into a bowl. Make a well in the center. In a separate bowl whisk milk, beer and egg. Pour into well and mix to form a smooth batter. Set aside to stand for 30 minutes.
2. Cut potatoes into 1 cm/½ in slices, then into strips. Soak in cold water for 10 minutes. Drain and dry on absorbent kitchen paper. Heat oil in a large saucepan until a chip dropped in rises to the surface and is surrounded by bubbles. Drop chips gradually into oil or place in a wire basket and cook for 6 minutes. Remove from pan and drain on paper, set aside.
3. Just prior to serving reheat oil and cook chips for 3-4 minutes or until golden and crisp. Drain on paper and keep warm in a low oven.
4. Pat fish dry on absorbent kitchen paper. Dip in batter and carefully lower into hot oil. Cook for 5 minutes or until golden and crisp. Drain on paper. Serve immediately with chips.

.....
Serves 4

tip from the chef

Double-cooking ensures crisp golden chips every time. The high water content of potatoes initially reduces the temperature of the oil and double-cooking overcomes this problem. Chips can be cooked the first time several hours in advance or even frozen for use at a later date.



thai fish



■□□ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Rinse fish under cold running water and pat dry with absorbent kitchen paper. Score flesh with a sharp knife to make 2-3 diagonal cuts along the body. Place in a shallow dish.
2. To make marinade, combine chilies, garlic, ginger, coriander, lime juice, oil and cumin in a small bowl. Season to taste with pepper. Pour over fish and rub well into the flesh. Cover and marinate for at least 2 hours, or preferably overnight in the refrigerator.
3. Remove fish from marinade and grill under a medium heat for 8-10 minutes. Baste frequently with marinade and turn halfway through cooking.

ingredients

> 4 small whole fish

marinade

- > 2 small red chilies, seeded and finely chopped
- > 1 clove garlic, crushed
- > 2 teaspoons grated fresh ginger
- > 1½ tablespoons chopped fresh coriander
- > 2 tablespoons lime juice
- > 2 tablespoons peanut oil
- > 1 teaspoon ground cumin
- > freshly ground black pepper

.....
Serves 4

tip from the chef

This tasty fish is also great barbecued or pan cooked. Fish is cooked when it flakes easily when tested with a fork; if it is overcooked it will be dry and tough.



kentucky baked drumsticks

■ □ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

ingredients

- > 1 cup/125 g/4 oz flour
- > freshly ground black pepper
- > 2 eggs
- > 1 cup/125 g/4 oz dried breadcrumbs
- > 2 cups/90 g/3 oz corn flakes, crushed
- > 2 teaspoons chicken seasoning
- > 8 chicken drumsticks

method

1. Mix flour and black pepper to taste in a shallow bowl. Place eggs in a separate shallow bowl and whisk lightly. In another shallow bowl combine breadcrumbs, corn flakes and chicken seasoning.
2. Pat drumsticks dry with absorbent kitchen paper. Roll each drumstick in flour to coat, then dip in eggs and finally roll in breadcrumb mixture.
3. Place drumsticks on a foil-lined tray and bake at 180°C/350°F/Gas 4 for 45 minutes or until chicken is cooked and coating is crisp and golden.

.....
Serves 4



tip from the chef

For a complete meal serve with potato salad (page 20) and a tossed green salad.



mum's roast chicken dinner

■■■ | Cooking time: 1 1/2 hours - Preparation time: 25 minutes

method

1. To make stuffing, mix bread, bacon, apricots, spring onions, pecans, parsley, sage and black pepper in a bowl. Combine milk and egg, pour into bread mixture (a) and mix well.
2. Discard any fat from cavity of chicken. Rinse cavity and surface under cold running water and pat dry with absorbent kitchen paper. Place stuffing into cavity (b); take care not to overfill cavity as stuffing expands as it cooks. Secure opening with a skewer. Tie legs together with string.
3. Combine garlic and oil and brush over chicken. Place chicken on a roasting rack in a baking dish and bake at 180°C/350°F/ Gas 4, basting frequently with pan juices, for 1 1/2 hours or until tender.
4. Place chicken on a warm serving platter, cover with aluminum foil and stand for 15 minutes before carving.

ingredients

- > 1 x 1.5 kg/3 lb chicken
- > 1 clove garlic, crushed
- > 1 tablespoon olive oil

herb and bacon stuffing

- > 8 slices white bread, crusts removed, cubed
- > 4 rashers bacon, rind removed, chopped
- > 125 g/4 oz dried apricots, chopped
- > 3 spring onions, chopped
- > 30 g/1 oz pecans, chopped
- > 2 tablespoons chopped fresh parsley
- > 2 tablespoons chopped fresh sage or 1 teaspoon dried sage
- > freshly ground black pepper
- > 1/4 cup/60 ml/2 fl oz milk
- > 1 egg, lightly beaten

.....
Serves 6

tip from the chef

Frozen birds should be completely defrosted before cooking and the cavity rinsed under cold running water to remove any remaining ice crystals. It is safest to stuff a bird just prior to cooking and no longer than 3 hours before cooking. To test when a bird is cooked, place a skewer in to the thickest part of the breast then remove. If juices run clear the bird is cooked; if juices are tinged with pink return the bird to the oven and continue cooking.



a



b



chili

con carne

■ □ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 2 onions, chopped
- > 2 small fresh red chilies, finely chopped
- > 1 clove garlic, crushed
- > 500 g/1 lb lean beef mince
- > 1 quantity classic tomato sauce (page 12)
- > 1/4 cup/60 ml/2 fl oz red wine
- > 2 tablespoons tomato paste (purée)
- > 440 g/14 oz canned red kidney beans, rinsed and drained

method

1. Heat oil in a frying pan over a medium heat. Cook onions, chilies and garlic, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until brown.
3. Stir in tomato sauce, wine and tomato paste, bring to simmering and simmer, stirring occasionally, for 20 minutes or until mixture reduces and thickens.
4. Add beans and cook, stirring occasionally, for 10 minutes.

.....
Serves 4



tip from the chef

Chili con carne can be served in many different ways. For the simplest of meals accompany it with boiled rice or pasta and a tossed green salad. It also makes a delicious topping for baked jacket potatoes (page 18) or spooned over corn chips and topped with cheese and sour cream you have the ever popular nachos.



speedy

meatloaf



■□□ | Cooking time: 80 minutes - Preparation time: 10 minutes

method

1. Place beef, breadcrumbs, onion, carrot, green pepper, spring onions and parsley in a bowl and combine.
2. In a small bowl whisk egg, barbecue sauce and Worcestershire sauce. Add to beef mixture and mix well.
3. Spoon mixture into a greased 11 x 21 cm/4½ x 8½ in loaf tin and bake at 180°C/350°F/Gas 4 for 20 minutes.
4. To make glaze, combine tomato sauce, mustard and honey. Brush over meatloaf and bake for 1 hour longer or until cooked. Serve hot or cold.

.....
Serves 6

ingredients

- > 750 g/1½ lb lean beef mince
- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > 1 onion, diced
- > 1 carrot, grated
- > 1 green pepper, seeded and diced
- > 2 spring onions, chopped
- > 2 tablespoons chopped fresh parsley
- > 1 egg
- > 2 tablespoons barbecue sauce
- > 1 tablespoon Worcestershire sauce

tomato glaze

- > 2 tablespoons bottled tomato sauce
- > 1 tablespoon Dijon mustard
- > 1 tablespoon honey

tip from the chef

The mince mixture used for the meatloaf can also be used to make meatballs. Shape mixture into small balls and cook with a little oil in a frying pan over a medium heat, turning several times, for 10 minutes or until cooked through. Alternatively, cook meatballs in classic tomato sauce (page 12).



hearty

beef stew

■ □ □ | Cooking time: 110 minutes - Preparation time: 15 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 1 kg/2 lb topside steak, diced
- > 1 onion, chopped
- > 2 cups/500 ml/16 fl oz beef stock (page 6)
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 2 large potatoes, chopped
- > 2 carrots, chopped
- > 125 g/4 oz button mushrooms
- > 125 g/4 oz green beans, trimmed and halved
- > 2 zucchini, chopped
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper

method

1. Heat oil in a large saucepan over a high heat. Cook beef in batches, stirring, for 5 minutes or until brown. Remove beef and set aside. Add onion and cook, stirring, for 3 minutes or until golden. Return beef to pan.
2. Add stock, tomatoes, potatoes and carrots, cover and bring to simmering over a medium heat. Simmer, stirring occasionally, for 1¼ hours.
3. Add mushrooms, beans, zucchini and parsley and cook, stirring occasionally, for 15-20 minutes longer or until vegetables and meat are tender. Season to taste with black pepper.

.....
Serves 6



tip from the chef

This appetizing stew can be served with white rice or spaetzle. To add a special flavor to the meat, replace half the stock with red wine.



DISHES

perfect steaks with diane sauce



■□□ | Cooking time: 20 minutes - Preparation time: 5 minutes

method

1. Heat oil and butter together in a large frying pan over a high heat until sizzling. Add steaks and cook for 3-5 minutes each side or until cooked to your liking. Remove from pan and keep warm.
2. To make sauce, melt butter in frying pan over a medium heat. Cook spring onions and garlic, stirring, for 2 minutes. Stir in cream, Worcestershire sauce and brandy and bring to the boil. Reduce heat and simmer, stirring, for 5 minutes or until sauce reduces and thickens slightly. Serve with steaks.

ingredients

- > 1 tablespoon vegetable oil
- > 15 g/1/2 oz butter
- > 4 fillet or sirloin steaks

diane sauce

- > 15 g/1/2 oz butter
- > 3 spring onions, chopped
- > 3 cloves garlic, crushed
- > 3/4 cup/185 ml/6 fl oz cream
- > 2 tablespoons Worcestershire sauce
- > 1 tablespoon brandy

.....
Serves 4

tip from the chef

When testing if a steak is cooked, press it with a pair of blunt tongs –do not cut the meat, as this causes the juices to escape. Rare steaks will feel springy, medium slightly springy and well-done will feel firm. As a guide a 2.5 cm/1 in thick steak cooked to rare takes about 3 minutes each side, a medium steak 4 minutes and a well-done steak 5 minutes.



spicy fruit pork steaks

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 4 pork butterfly steaks
- > 2 apples, cored, peeled and cut into thick slices
- > 60 g/2 oz dried apricots
- > 1 tablespoon brown sugar
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme

spicy marinade

- > 1 clove garlic, crushed
- > 1/2 teaspoon chili powder
- > 1/4 cup/60 ml/2 fl oz apple juice
- > 1 tablespoon vegetable oil
- > 1 tablespoon malt vinegar

method

1. To make marinade, whisk garlic, chili powder, apple juice, oil and vinegar in a bowl. Place steaks in a shallow ceramic or glass dish. Pour marinade over steaks, cover and marinate in the refrigerator for 2-3 hours or overnight. Drain steaks and reserve marinade.
2. Heat oil in a frying pan over a high heat. Cook steaks for 5 minutes each side. Add reserved marinade, apples, apricots, sugar and thyme and bring to the boil. Reduce heat and simmer for 5 minutes or until sauce thickens slightly and pork is tender.

.....
Serves 4



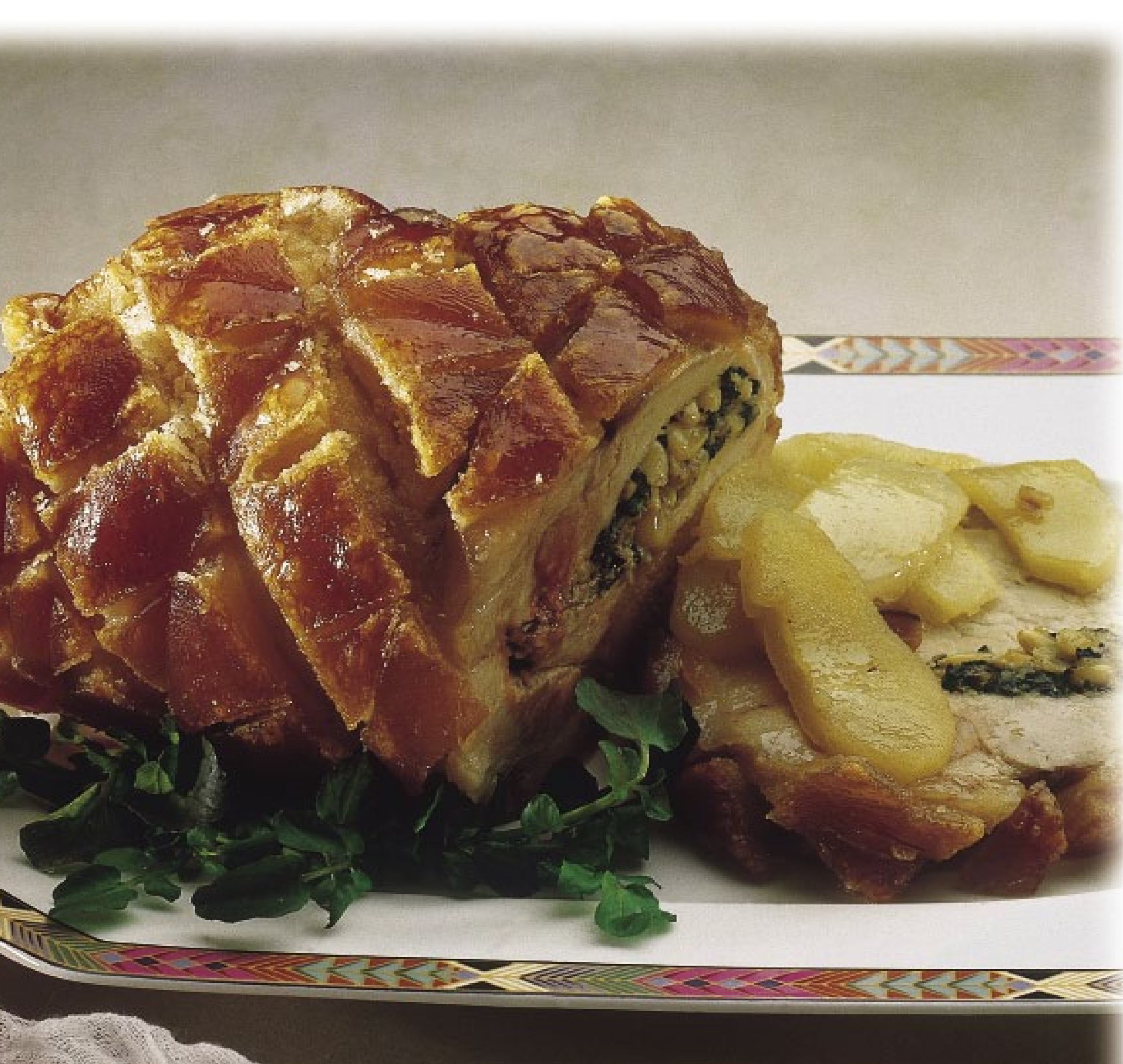
tip from the chef

Pork should be cooked just long enough to retain its moisture and texture. If you overcook it the texture and flavor will deteriorate.



roasted

pork loin



■■■ | Cooking time: 90 minutes - Preparation time: 25 minutes

method

1. To make seasoning, melt butter in a frying pan. Cook spinach and pine nuts for 2-3 minutes or until spinach wilts. Remove from heat and stir in breadcrumbs, nutmeg and pepper to taste.
2. Unroll loin and make a cut in the middle of the fleshy part. Score the rind with a sharp knife, cutting down into the fat under the rind. Spread seasoning over cut flap. Roll up loin firmly and secure with string.
3. Place loin in a baking dish. Rub all over rind with salt and bake at 250°C/475°F/Gas 9 for 20 minutes. Reduce temperature to 180°C/350°F/Gas 4 and bake for 1 hour longer or until juices run clear when tested with a skewer in the meatiest part.
4. To make sauce, place apple, pear, dates, apple juice, honey, lemon rind and cloves in a small saucepan. Cover and bring to the boil. Reduce heat and simmer for 5 minutes, or until apple is tender.

.....
Serves 8

ingredients

- > 1.5 kg/3 lb boneless pork loin
- > 1 tablespoon coarse cooking salt

seasoning

- > 30 g/1 oz butter
- > 4 spinach leaves, shredded
- > 3 tablespoons pine nuts
- > 1/2 cup/30 g/1 oz soft breadcrumbs
- > 1/4 teaspoon ground nutmeg
- > freshly ground black pepper

chunky apple and pear sauce

- > 1 small green apple, peeled, cored and sliced
- > 1 small pear, peeled, cored and sliced
- > 1 tablespoon chopped dried dates
- > 4 tablespoons apple juice
- > 2 teaspoons honey
- > 1 teaspoon grated lemon rind
- > pinch ground cloves

tip from the chef

When you buy pork it should be pale-fleshed with a sweet smell, not slimy or bloody. With improved technology and butchering you can now buy smaller, leaner cuts of pork, that are ideal for today's lifestyle.

glazed minted lamb racks

■■■ | Cooking time: 40 minutes - Preparation time: 30 minutes

ingredients

- > 2 lean lamb racks, each containing 6 cutlets

burghul seasoning

- > 4 tablespoons burghul
- > 1/2 cup/30 g/1 oz soft breadcrumbs
- > 3 tablespoons finely chopped fresh parsley
- > 1 tablespoon finely chopped fresh mint
- > 1 teaspoon grated lemon rind
- > 1 tablespoon pine nuts, toasted
- > 2 teaspoons mint jelly
- > 1 apple, peeled, cored and grated
- > 15 g/1/2 oz butter, melted
- > freshly ground black pepper

mint glaze

- > 3 tablespoons mint jelly
- > 2 tablespoons orange juice
- > 2 tablespoons honey

method

1. To make seasoning, soak burghul in boiling water for 15 minutes. Drain and rinse under cold running water. Dry on absorbent kitchen paper, place in a bowl and mix with remaining ingredients.
2. To make glaze, melt jelly in a saucepan over a medium heat. Stir in juice and honey.
3. Trim excess fat from outside of lamb racks. Using a sharp knife, separate bones from meat, leaving both ends intact, to make a pocket. Pack seasoning firmly into pockets.
4. Place racks in a baking dish, brush with glaze and bake at 180°C/350°F/Gas 4 for 30-35 minutes or until cooked to your liking. Baste frequently with glaze during cooking. Serve with roast vegetables (see tip).

.....
Serves 4

tip from the chef

To make the side dish to lamb, use 4 halved potatoes, 4 pieces pumpkin and 4 onions. Boil or steam potatoes for 5 minutes, drain and allow to cool slightly. Score the rounded side of potatoes with a fork (this helps to crisp potatoes during cooking). Brush potatoes, pumpkin and onions with oil, place in a baking dish and bake for about 1 hour or until golden and crisp.



soft scones



■□□ | Cooking time: 20 minutes - Preparation time: 10 minutes

method

1. Sift flour and baking powder together into a mixing bowl, add sugar. Rub in butter, using the fingertips, until mixture resembles fine breadcrumbs.
2. Make a well in the center. Using a round-ended knife, mix the egg and almost all the milk through the flour mixture. Mix to a soft dough, adding remaining milk if necessary.
3. Turn onto a lightly floured surface and knead lightly with fingertips until smooth. Using heel of hand, press dough out evenly to 2 cm/³/₄ in thickness. Cut scones out using a floured 5 cm/2 in cutter; do not twist cutter, or scones will rise unevenly.
4. Arrange scones close together on a greased and lightly floured baking tray. Brush tops with a little milk and bake at 220°C/440°F/Gas 7 for 15-20 minutes or until scones are golden brown and sound hollow when tapped with your fingertips.

ingredients

- > 2 cups/250 g/8 oz self-raising flour
- > 1 teaspoon baking powder
- > 2 teaspoons sugar
- > 50 g butter, chopped
- > 1 egg, lightly beaten
- > 1/2 cup/125 ml/4 fl oz milk

.....
Makes 10

tip from the chef

For best results, work quickly and have all the equipment cool. Wrap scones in a clean tea towel when ready so they will keep soft and light.



fruit pies

■ □ □ | Cooking time: 1 hour - Preparation time: 20 minutes

ingredients

rich shortcrust pastry

- > 2 cups/250 g/8 oz flour, sifted
- > 185 g/6 oz butter, cut into small cubes
- > 1 egg yolk, lightly beaten

apricot filling

- > 3 x 440 g/14 oz canned apricot halves, drained and sliced
- > 1/4 cup/45 g/1 1/2 oz brown sugar
- > 1/2 teaspoon each ground nutmeg and cinnamon

cherry filling

- > 3 x 440 g/14 oz canned pitted black cherries
- > 2 tablespoons brown sugar
- > 4 teaspoons flour
- > 1 teaspoon ground mixed spice

method

1. To make pastry, place flour in a bowl and rub in butter with fingertips until mixture resembles breadcrumbs. Using a metal spatula or round-ended knife mix in egg yolk and enough chilled water to form a soft dough. Turn onto a lightly floured surface and knead gently until smooth. Wrap in plastic wrap and refrigerate for 30 minutes.
2. To make fillings, combine all ingredients for each one.
3. Roll out two-thirds of pastry to 3 mm/1/8 in thick and line a greased 23 cm/9 in pie dish. Spoon the filling of your choice into pastry case. Roll out remaining pastry and cut out a round from the center, or cut pastry in strips. Place pastry over filling, or arrange strips in a lattice pattern. Trim edges and pinch to seal.
4. Bake pie at 220°C/425°F/Gas 7 for 20 minutes, reduce oven temperature to 160°C/325°F/Gas 3 and cook for 30-40 minutes longer or until golden.

.....
Makes one 23 cm/9 in pie



tip from the chef

It is important not to work the pastry excessively, as it will become more elastic and less crunchy. In order to prepare it quickly and without touching it too much, the best way is to make it in the food processor.



butter cake



■□□ | Cooking time: 30 minutes - Preparation time: 10 minutes

method

1. Beat butter and vanilla in a small mixing bowl until light and fluffy. Add sugar gradually, beating well after each addition. Beat in eggs one at a time (a).
2. Combine flour and baking powder and fold in alternately with milk (b). Spoon mixture into a greased and lined 22 x 8 cm/9 x 3 in cake pan (c).
3. Bake at 180°C/350°F/Gas 4 for 30 minutes. Stand for 5 minutes before turning out onto a wire rack to cool. Ice with frosting of your choice (see tip).

ingredients

- > 125 g/4 oz butter
- > 1 teaspoon vanilla essence
- > ¾ cup/185 g/6 oz caster sugar
- > 2 eggs
- > 1½ cups/185 g/6 oz plain flour, sifted
- > 1½ teaspoons baking powder
- > ½ cup/125 ml/4 fl oz milk

.....
Makes 10 slices

variations

- Chocolate cake: Mix 60 g/2 oz melted chocolate into the cake mixture before adding flour and milk. Substitute 2 tablespoons cocoa powder for 2 tablespoons flour.
- Orange cake: Use 2 teaspoons grated orange rind instead of vanilla. Replace 4 tablespoons milk with orange juice.

tip from the chef

You may like to try lemon cheese frosting. To make it, beat 125 g/4 oz cream cheese in a small bowl until creamy. Add 1 teaspoon grated lemon rind, 1½ cups/250 g/8 oz sifted icing sugar and 2 teaspoons lemon juice and mix well.



a



b



c

coconut

angel food cake

■ ■ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > ¾ cup/90 g/3 oz flour
- > ¼ cup/30 g/1 oz cornflour
- > 1 cup/220 g/7 oz caster sugar
- > 10 egg whites
- > ½ teaspoon salt
- > 1 teaspoon cream of tartar
- > 8 teaspoons water
- > 1 teaspoon vanilla essence
- > 45 g/1½ oz shredded coconut

fluffy frosting

- > 1¼ cups/315 g/10 oz sugar
- > ½ cup/125 ml/4 fl oz water
- > 3 egg whites
- > 90 g/3 oz shredded coconut, lightly toasted

method

1. Sift together flour and cornflour three times, then sift once more with ¼ cup/60 g/2 oz of the sugar.
2. In a large bowl beat egg whites, salt, cream of tartar and water until stiff peaks form. Beat in vanilla essence, then fold in remaining sugar, one tablespoon at a time (a).
3. Sift flour mixture over egg white mixture then gently fold in. Sprinkle coconut over batter and fold in.
4. Spoon batter into an angel cake tin (b), then draw a spatula gently through the mixture to break up any large air pockets. Bake at 180°C/350°F/Gas 4 for 45 minutes. Invert tin and allow the cake to hang (c) while it is cooling.
5. To make frosting, cook sugar and water until syrup reaches the soft-ball stage. Beat egg whites until soft peaks form. Continue beating while pouring in syrup in a thin stream, a little at a time, until frosting stands in stiff peaks. Spread over top and sides of cake and press toasted coconut onto sides.

tip from the chef

An angel cake tin is a deep-sided ring tin with a removable base that has a center tube higher than the outside edges. Never grease an angel cake tin as this will stop the cake rising.



.....
Serves 12



index

Introduction	3
Soups	
Beef Stock	6
Creamy Leek and Potato Soup	8
Pea and Ham Soup	10
Sauces	
Classic Tomato Sauce.....	12
Creamy Sauce	16
Saucy Vegetables (white sauce, vinaigrette)..	14
Light Meals	
Baked Jacket Potatoes	18
French Omelette	22
Potato Salad.....	20
Pasta	
Classic Lasagna	28
Pesto Farfalle	26
Spaghetti Bolognese.....	24
Rice	
Easy Paella	30
Mushroom Risotto	32
Fish	
Fish 'n' chips	34
Thai Fish.....	36
Chicken	
Kentucky Baked Drumsticks	38
Mum's roast chicken dinner.....	40
Mince	
Chili con Carne	42
Speedy Meatloaf	44
Beef	
Hearty Beef Stew.....	46
Steaks with Diane Sauce	48
Pork	
Roasted Pork Loin.....	52
Spicy Fruit Pork Steaks	50
Lamb	
Glazed Minted Lamb Racks	54
Bakery	
Butter Cake	60
Coconut Angel Food Cake	62
Fruit Pies	58
Soft Scones.....	56

