Lovereading.co.uk

Good Housekeeping:
Cookery Book

Published by Collins & Brown

Extract

All text is copyright © of the author

This opening extract is exclusive to Love**reading**.
Please print off and read at your leisure.

CONTENTS

FOREWORD **7**

HERBS, SPICES AND FLAVOURINGS **8**

STOCKS AND SAUCES **18**

SOUPS **32**

STARTERS **50**

SHELLFISH **76**

FISH **92**

POULTRY AND GAME **122**

MEAT **164**

VEGETARIAN **222**

CHEESE AND EGGS **240**

PASTRY-MAKING, TARTS, PIES AND PIZZAS **264**

PASTA **286**

RICE AND GRAINS **302**

VEGETABLES **312**

SALADS **348**

FRUIT AND NUTS **370**

DESSERTS **382**

CAKES AND BISCUITS **456**

BREADS AND YEAST BAKING **516**

PRESERVES **532**

SWEETS **554**

REFERENCE SECTION

KITCHEN EQUIPMENT **564**

MICROWAVE COOKING **571**

FOOD STORAGE AND HYGIENE **574**

BALANCED NUTRITION **579**

ENTERTAINING **581**

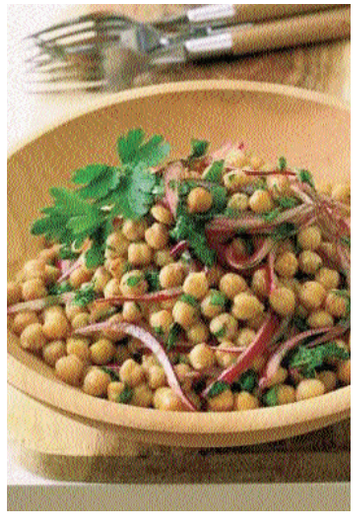
GLOSSARY **584**

INDEX **588**

ACKNOWLEDGMENTS **608**








FOREWORD

I always think the test of a good cookbook is how often you turn to it for inspiration – and how messy the pages are. My favourite book lives in the kitchen, has been well-thumbed through, the pages are flecked with ingredients, and odd specks of seasoning fall out whenever I pick it up.

We know from the hundreds of readers' queries we receive every month that you're fiercely proud of the Good Housekeeping cookbooks. All the recipes have been rigorously tested in the Good Housekeeping Institute kitchens so they're guaranteed to work the first time you make them.

The publication of this new, updated edition of our classic cookbook is timely – it's 80 years since the Institute was first set up to help women around the home. Since then there's been a significant change in women's role in society, with more of us going out to work now than ever before. But knowing how to cook is still just as important as it was then. Some of the recipes have changed but the classics and ethos remain. Food fads have their moment, then pass, but knowing how to cook good food will never go out of fashion.



Lindsay Nicolson, Editor-in-Chief, *Good Housekeeping*

HERBS, SPICES AND FLAVOURINGS

HERBS

Herbs are aromatic plants grown primarily for culinary purposes, although many are also attributed with medical properties. Fresh herbs lend a superb flavour to all kinds of dishes. Their flavour is derived from essential oils found in the leaves and stems, which are released when the herb is heated, crushed or chopped. Herbs may be chopped before they are added to a dish, or used whole. The more delicate herbs, such as parsley, chervil and tarragon, should be added towards the end of cooking, while tougher varieties, such as rosemary and thyme, are added at the beginning.

Most herbs, even if they do not originate in this country, can be grown successfully in the garden or in window boxes. Some are annuals and need to be sown each year, others are perennial and grow year after year. The most popular herbs – including parsley, thyme, sage, chives, oregano, basil, coriander and dill – are available fresh from supermarkets and greengrocers all year round. They are sold in pots, bunches and small packets.

Ideally, fresh herbs should be picked just before using, or used soon after purchase. If necessary they can be stored in the fridge for 1–2 days: seal in a plastic bag enclosing plenty of air. Large bunches of herbs, such as parsley and coriander, which still have their roots intact should be stored in a jug of water with a plastic bag inverted over the leaves. Herbs can also be dried (see below) or frozen for use in soups and casseroles. To freeze, chop finely and freeze in ice cube trays.

Dried herbs work well in cooked dishes, such as casseroles, but they are generally not suitable for use in salads. Dried herbs have a stronger flavour than fresh ones and should be used more sparingly: as a general guide if substituting dried for fresh herbs, use one third of the amount specified.

Dried herbs keep best in airtight jars away from the light. Opt for wood, earthenware or dark glass containers. In a cool place, dried herbs will retain their flavour for about 6 months.

The more robust varieties of home-grown herbs can be dried successfully at home. Tie in bunches and hang in a cool airy place, covered with muslin to keep the dust off. When dry, strip the leaves carefully from the stems and leave whole for optimum flavour, rather than crumble them. Bay leaves, rosemary, marjoram and thyme are particularly suitable for drying.

HERBS AND THEIR USES

Angelica

All parts of this tall plant are used for flavouring, though only the young candied stem is available commercially. Crystallised angelica stems are used to decorate cakes, pastries and desserts. The root is good for stewing with acid fruits such as rhubarb. Angelica leaves can be chopped and used to flavour salads or fish dishes.

Basil

This popular Italian herb has a distinctive aroma and flavour. The delicate leaves are easily bruised by chopping, so it's better to tear or shred them with your fingers. Basil has a natural affinity with tomatoes, but goes well with most salads, grilled meat and green vegetables. It also forms the basis of the classic Italian sauce – pesto (page 28). This herb has a short growing period during the summer and needs plenty of sun, but it is sold fresh all year round.

Bay Leaves

Shiny and smooth, bay leaves are highly aromatic, so one or two leaves is sufficient to flavour a dish. Bay leaves are used in marinades, casseroles, soups and stocks, and to flavour infusions of milk for use in sauces such as béchamel.

Bay is one of the classic ingredients of a bouquet garni, too. A bay tree in the garden is an attractive feature and ensures a constant supply. Alternatively, you can buy sprigs, freeze them in a plastic bag and use straight from the freezer.

Borage

A distinctive herb with slightly furry leaves, bright blue flowers and a flavour reminiscent of cucumber. It is mainly used in claret cup, Pimms and other cool drinks, but can be included in salads. Borage flowers can be crystallised and used as decorations for cakes and sweets. This annual herb is easy to grow in the garden, though it isn't suitable for container growing.

Bouquet Garni

This is a small bunch of herbs, tied together with string so it can be suspended in soups, casseroles and other dishes and removed before serving. The classic ingredients are bay leaves, parsley stems and thyme sprigs, but other herbs can be added to suit a particular dish. For lamb add a rosemary sprig; for pork add a sprig each of sage and savory; for beef add a thinly pared strip of orange zest and a sprig of celery leaves; for chicken use lemon thyme and add a strip of lemon zest; for fish use lemon thyme and add a sprig of fennel.

Chervil

A delicate, sweet-flavoured herb with attractive leaves, used in a similar way to parsley. It will enhance many vegetables, especially new potatoes, as well as salads, and egg, cheese, fish and chicken dishes. Chervil is one of the classic components of the French fines herbes (see right). It is also an excellent flavouring for butter sauces, such as hollandaise, and makes a pretty garnish.

Chives

This member of the onion family has long narrow, green leaves and purple flowers. The leaves are used to flavour salads, sauces and dressings, and as a garnish. A hardy perennial, this herb is easy to grow in the garden and in containers. To use, snip chives into short lengths with scissors.

Coriander

This pungent, intensely flavoured herb is an important flavouring in many parts of the world, especially in Indian and Thai dishes. Coriander is widely available in this country – sold in pots, bunches (sometimes with the roots still attached), and packets. It resembles flat-leafed parsley, but the leaves are more rounded and less spiky. Commercially, the plant is also grown for its seeds (see page 12), which taste quite different and are used as a spice. Aromatic coriander leaves are often used in conjunction with spices, especially in Middle Eastern, Asian and Mexican dishes, as well as salads and soups.

Curry Leaves

These shiny, spiky leaves have a fresh-tasting flavour akin to curry powder. They are used as a herb in cooking, most often added whole, but sometimes chopped first. Curry leaves often feature in curries from southern India and the fresh or dried leaves can be used sparingly to flavour soups and stews. Sold fresh in bunches, curry leaves can be frozen in a plastic bag, and added to dishes as and when required.

Dill

This fragrant hardy annual is grown for its feathery leaves (also known as dill weed) and for its seeds, which are dried and used as a spice (see page 13). Dill leaves have a slightly sharp, yet sweet flavour which complements fish and shellfish dishes perfectly and it is the classic flavouring in gravad lax (Scandinavian smoked salmon). Dill is also added to salads, omelettes, chicken dishes and used as a garnish.

Fennel

This resembles dill and is a member of the same family, but it has a sweet anise flavour, which is quite different. Both the feathery leaves and seeds are used. It is a classical flavouring for fish – especially oily fish as it counteracts the richness. Fennel also works well in marinades, soups and vegetable dishes.

Fines Herbes

This classic mixture of chopped chives, chervil, parsley and tarragon leaves is used in omelettes, fish and poultry dishes, and salads.

To prepare, mix together 1 tbsp finely chopped chives, 1 tbsp finely chopped chervil, 2 tbsp finely chopped parsley and 2 tsp finely chopped tarragon.

Lemon Balm

With their wonderful lemony scent and taste, these heart-shaped leaves complement fish, poultry and

ham dishes perfectly. Lemon balm also adds flavour to punches and fruit drinks and makes an excellent herbal tea. Like mint, this herb has a tendency to take over a garden unless controlled by planting in a bottomless container sunk in the earth to contain the roots.

Lemon Grass

A tall, hard grass with pale green leaves, which have a distinctive lemony aroma and taste. Lemon grass is most often used in Thai and other South-east Asian dishes to flavour soups, chicken, fish and meat dishes; it can also be used to flavour puddings. The stems are usually bruised to release their flavour and added whole before cooking, then removed prior to serving. Alternatively, the tough outer leaves are removed and the rest is chopped or ground and used as a flavouring. Dried and powdered lemon grass are also available.

Lime Leaves, Kaffir

The leaves of the kaffir lime tree have a highly aromatic lime flavour and are frequently used in Thai and Malaysian dishes. They are available from selected supermarkets and oriental food stores, and freeze successfully.

Lovage

This herb has an intense peppery flavour, akin to celery. Lovage leaves are best used sparingly to enhance the flavour of robust soups and meat stews. A little chopped lovage will add an unusual tang to salads and cold roast beef sandwiches.

Marjoram

There are three forms of this aromatic herb: sweet marjoram, pot marjoram and wild marjoram, which is better known as oregano (see right). Pot marjoram has a more powerful flavour than sweet marjoram but it is used in a similar way – to flavour pizzas, savoury flans, sausages, marinades, stuffings and roasts, such as game and pork. It is also good with vegetables.

Mint

Many different mints are available, including peppermint, spearmint, pineapple mint, lemon mint and apple mint. Most varieties have a powerful flavour and should be used sparingly. Fresh mint sauce or jelly is the classic accompaniment to lamb. Mint is also the perfect partner to potatoes, peas and many other vegetables. Mint leaves are used to embellish wine and fruit cups, fruit salads and other desserts. Fresh mint is widely available; it is also very easy to grow.

Mixed Herbs, Dried

Sold in jars, this is used for seasoning soups and casseroles. It is usually a combination of parsley, sage, thyme, marjoram and tarragon.

Oregano (Wild Marjoram)

Oregano and marjoram are largely interchangeable, although oregano is more aromatic and strongly flavoured. It is used with meat, sausages, soups, pizzas, pasta sauces and other Italian dishes, tomatoes, in salads, with cooked vegetables, and in egg and cheese dishes.

Parsley

Both the flat-leafed and curly-leafed varieties of this common herb are widely available. Flat-leafed parsley has a more pronounced flavour and is generally preferred. Parsley stalks are always included in a bouquet garni and chopped parsley is a classic ingredient of fines herbes (page 9). Chopped parsley leaves are used in all kind of savoury dishes, including sauces, soups, salads, stuffings and herb butters, with vegetables, chicken, ham, fish and shellfish, and as a garnish.

Rosemary

This pungent herb with its characteristic spiky leaves is the classic partner to lamb. Rosemary sprigs are usually added whole to a dish and taken out before serving for a more subtle flavour. Finely chopped leaves are used sparingly, and more often as the sole herb as they tend to overpower other herbs. Rosemary sprigs are used in marinades for meat, fish and poultry, and to flavour roast and barbecued meats. Finely chopped rosemary can be added to pizza and bread doughs, stuffings, cakes and biscuits.

Sage

This soft-leafed herb has a strong, distinctive taste. Garden sage has pale grey-green leaves, but there are many other varieties including purple sage and variegated sage. It is the classic flavouring for roast pork, but is used to enhance other meat dishes, especially liver and sausages, casseroles, stuffings, salads, egg and cheese dishes. As it is powerful, sage should be sparingly. Melted butter flavoured with fresh sage leaves is delicious on pasta, gnocchi and vegetables.

Salad Burnet

This herb was an important flavouring in Tudor kitchens, but is much less common today. Its characteristic tooth-edged leaves have a nutty flavour with a hint of cucumber. Salad burnet is good in salads and drinks. It can also be used to flavour soups and stews.

Savory

Both summer and winter varieties of this herb are available. It has a distinctive peppery flavour with a particular affinity to beans – both fresh and dried pulses. Savory also works well in soups, and pasta, egg, tomato, vegetable and cheese dishes.

Tarragon

Of the two main species of this herb, French tarragon is far superior in flavour and texture to the Russian variety. Tarragon is a strong-flavoured herb with important culinary uses. It is a component of fines herbes (page 9) and is often added to tartare, hollandaise and béarnaise sauces. Tarragon is also used to flavour wine vinegar, marinades, fish and chicken dishes, savoury butters and sauces.

Thyme

Of the many varieties of this important herb, garden and lemon thyme are the most common. Thyme has a distinctive flavour and is one of the classic ingredients in a bouquet garni. It can be rubbed over beef and lamb before roasting, and used to flavour casseroles, soups, stuffings, bread sauce, carrots, onions and mushrooms. Lemon thyme is especially good in stuffings, and in fish dishes. Thyme is also used to flavour oils and vinegars.

AROMATICS

Garlic

Garlic is not a herb but it is an important aromatic flavouring, often used in conjunction with fresh herbs. It is the most pungent member of the onion family. There are three main varieties: white, red and pinkish-purple. Garlic is widely used to enhance the flavour of savoury dishes. Raw garlic is used in marinades, salads and dressings. On cooking the flavour of garlic becomes mellow and sweet. Choose firm garlic bulbs and pull off individual cloves as required.

SPICES

Spices are the dried parts of aromatic plants and may be the fruit, bark, seed, root or flower bud. Most come from hot countries. Once rare and expensive commodities, spices are now everyday flavouring ingredients. Most spices are sold dried, either whole or ground.

For optimum flavour, buy whole spices and grind them yourself – using a pestle and mortar, or an electric spice grinder – rather than buy ready-ground spices. If possible, grind the spice just before use. An electric coffee grinder can be used, but should then be reserved for this purpose. An electric blender is suitable for larger quantities.

Buy spices in small quantities as their flavour deteriorates relatively quickly. Keep them in small, airtight glass jars, preferably coloured, away from light as this adversely affects flavour. Discard any that are not used within a year of purchase.

DRY-FRYING SPICES

Spices are often toasted in a dry heavy-based frying pan to mellow their flavour and lose any raw taste. Spices can be dry-fried individually or as mixtures. Put the hardest ones, such as fenugreek, into the pan first and add softer ones, like coriander and cumin, after a minute or so. Stir constantly until evenly browned. Cool, then grind, or crush in a pestle and mortar and use the toasted spices as required.

SPICES AND THEIR USES

Allspice

Also called Jamaica Pepper, this is sold as small dried berries or ready ground. The whole spice is an ingredient of pickling spice. It tastes like a mixture of cloves, cinnamon and nutmeg. Allspice can be used whole in marinades, meat dishes,



STOCKS AND SAUCES

STOCKS

Well-flavoured stocks form the basis of soups, sauces, stews and many other savoury dishes. You will find an extensive range of ready-made stock products in most supermarkets and these have improved significantly in recent years, but the flavour of a good homemade stock is incomparable. Stocks are easy to make. Fishmongers are usually only too happy to let you have fish bones and trimmings; similarly poulterers and butchers will generally supply chicken carcasses and other bones. Freeze any stock which is not required for immediate use, in manageable quantities. To save freezer space, you can boil the stock to reduce by half and concentrate prior to freezing.

The characteristics of a good stock are clarity and a fine flavour. Guard against over-seasoning, as boiling concentrates the flavour and saltiness. Fat and impurities will make a stock cloudy, so these should always be removed, by skimming the surface from time to time during cooking. If possible, use a conical sieve to strain the stock and allow the liquid to drip through; avoid pressing the vegetables in the sieve or you will lose clarity.

Once strained, cool the stock quickly, ideally over a bowl of chilled water, then chill. A thin solid layer of fat will form on the surface of most stocks; this can easily be removed. Bring the stock up to the boil before use.

If you haven't the time to make your own stock, opt for one of the better ready-made alternatives. Fresh stocks available in cartons from the chilled cabinet, liquid stock concentrates and vegetable bouillon powder are preferable to powdered stock cubes. These are still inclined to be strong and salty so, if you use them, do so sparingly, or opt for a low-salt variety.

SAUCES

A certain mystique is attached to sauce-making, but all that is required is a little time, patience and your undivided attention. Essentially a sauce should complement and enhance the dish it is served with. It must never be so over-powering that it masks the intrinsic flavours of the dish.

Roux-based sauces, such as béchamel, are probably the most familiar of all. These are based on equal quantities of butter and flour which are cooked together. First the butter is melted, then the flour is mixed in and the resultant roux is cooked before the liquid is added. For a classic white béchamel sauce the roux is cooked but not coloured; for a blond sauce, such as velouté, the roux is cooked until biscuit-coloured; for a brown sauce, such as espagnole, the roux is cooked until brown.

The classic French emulsified sauces, such as hollandaise, béarnaise and beurre blanc, rely on the reduction of liquids to give an intense flavour, and the addition of either butter or eggs to enrich and thicken. These sauces are a little more difficult to make because of their tendency to separate, but using a blender or food processor simplifies the process and is relatively foolproof. Emulsified sauces are best made shortly before serving and kept warm over a pan of hot water.

Some sauces are thickened towards the end of preparation. Last-minute thickeners include arrowroot, cornflour and beurre manié (butter and flour kneaded together in equal quantities).

Other popular sauces include tomato sauces, pesto, salsa verde and classic British favourites, such as apple sauce, mint sauce and cranberry sauce. These are all included in this chapter, plus gravies, savoury butters, custard and other sweet sauces to accompany desserts.

The simplest of all sauces is a coulis – a purée of fresh or cooked fruit or vegetables, thinned to a pouring consistency if necessary. Of the puréed fresh fruit sauces, strawberry, raspberry, apricot and mango are especially popular with desserts.

Allow yourself sufficient time to make a sauce – it is invariably working in haste that results in a lumpy or curdled sauce. If a roux-based sauce becomes lumpy, simply whisk or beat vigorously; if this doesn't work, pass through a sieve, or whiz in a blender or food processor. An emulsified sauce that shows signs of curdling can often be rescued by adding an ice cube and whisking thoroughly.

Most sauces can be prepared in advance and reheated carefully when required. Cover the surface closely with damp greaseproof paper as soon as the sauce is made, to prevent a skin from forming on standing.

Vegetable Stock

225g (8oz) onions, peeled
225g (8oz) celery sticks
225g (8oz) trimmed leeks
225g (8oz) carrots, peeled
2 bay leaves
few thyme sprigs
small bunch of parsley
10 black peppercorns
½ tsp sea salt

makes 1.2 litres (2 pints)
preparation: 10 minutes
cooking time: 35 minutes
per 100ml (3½fl oz): 5 cals; trace fat; 1g carbohydrate

1 Roughly chop the onions, celery sticks, leeks and carrots, and put them into a large pan.
2 Add 1.7 litres (3 pints) cold water, the herbs, black peppercorns and salt. Bring slowly to the boil and skim the surface. Partially cover the pan and simmer for 30 minutes; check the seasoning.
3 Strain the stock through a fine sieve into a bowl and allow to cool. Cover and keep in the fridge for up to 3 days. Use as required.

Meat Stock

450g (1lb) stewing meat, cut into pieces
450g (1lb) meat bones
1 large onion, peeled and sliced
1 large carrot, peeled and sliced
2 celery sticks, sliced
bouquet garni (2 bay leaves, few thyme sprigs, small bunch of parsley)
1 tsp black peppercorns
½ tsp sea salt

makes 900ml (1½ pints)
preparation: 10 minutes
cooking time: 4–5 hours
per 100ml (3½fl oz): 10 cals; 1g fat; 1g carbohydrate

1 To impart flavour and colour, first brown the meat and bones. Put them into a roasting tin and roast at 220°C (200°C fan oven) mark 7 for 30–40 minutes until well browned, turning occasionally.
2 Put the meat and bones into a large pan with the vegetables, 2 litres (3½ pints) cold water, the bouquet garni, peppercorns and salt. Bring slowly to the boil and skim the surface. Partially cover the pan and simmer gently for 4–5 hours; check the seasoning.
3 Strain the stock through a fine sieve into a bowl and cool quickly. Cover and keep in the fridge for up to 3 days. Remove the fat layer from the surface and use the stock as required.

note: *According to the flavour required, use veal, beef, lamb or pork bones.*

Chicken Stock

225g (8oz) onions, peeled
150g (5oz) trimmed leeks
225g (8oz) celery sticks
1.6kg (3½lb) raw chicken bones
bouquet garni (2 bay leaves, few thyme sprigs, small bunch of parsley)
1 tsp black peppercorns
½ tsp sea salt

makes 1.2 litres (2 pints)
preparation: 10 minutes
cooking time: about 2 hours
per 100ml (3½fl oz): 10 cals; 1g fat; 1g carbohydrate

1 Roughly chop the onions, leeks and celery sticks.
2 Put the vegetables into a large pan with the chicken bones, 3 litres (5 pints) cold water, the bouquet garni, peppercorns and salt. Bring slowly to the boil and skim the surface. Partially cover the pan and simmer gently for 2 hours; check the seasoning.
3 Strain the stock through a fine sieve into a bowl and cool quickly. Cover and keep in the fridge for up to 3 days. Remove the fat from the surface and use the stock as required.

note: *Instead of chicken bones, you can use a large boiling chicken – obtainable from selected butchers and poulterers.*

Fish Stock

900g (2lb) fish bones and trimmings
2 carrots, peeled and chopped
1 onion, peeled and chopped
2 celery sticks, sliced
bouquet garni (bay leaf, thyme and parsley)
6 white peppercorns
½ tsp sea salt

makes 900ml (1½ pints)
preparation: 10 minutes
cooking time: 35 minutes
per 100ml (3½fl oz): 5 cals; trace fat; 1g carbohydrate

1 Wash and dry the fish trimmings and put into a large pan.
2 Add the vegetables to the pan together with 900ml (1½ pints) cold water, the bouquet garni, peppercorns and salt. Bring slowly to the boil and skim the surface. Cover and simmer gently for about 30 minutes.
3 Strain the stock through a fine sieve into a bowl and check the seasoning. Cool quickly, cover and keep in the fridge for up to 2 days. Use as required.

variation: *For an enriched court bouillon, add 150ml (¼ pint) dry white wine and 3 tbsp white wine vinegar at stage 2.*

Basic Gravy

A rich gravy is traditionally served with roast meat and poultry. If possible, make the gravy in the roasting tin while the joint (or bird) is resting. This will incorporate the meat juices that have escaped during roasting.

makes about 300ml (½ pint)
preparation: 2 minutes
cooking time: 2–3 minutes
per 100ml (3½fl oz): 10 cals; 2g fat; 1g carbohydrate

1 Carefully pour (or skim) off the fat from a corner of the roasting tin, leaving the sediment behind. Put the tin on the hob over a medium heat and pour in 300–450ml (½–¾ pint) vegetable water, or chicken, vegetable or meat stock as appropriate.
2 Stir thoroughly, scraping up the sediment, and boil steadily until the gravy is a rich brown colour.

note: *A little gravy browning can be added to intensify the flavour and colour*.

variations
rich wine gravy: *Deglaze the roasting tin with about 150ml (¼ pint) red or white wine, or 90ml (3fl oz) fortified wine such as sherry or Madeira, and allow to bubble for a minute or two before adding the stock or water. For a sweeter flavour, add 2 tbsp redcurrant jelly with the wine.*
thick gravy: *Sprinkle 1–2 tbsp flour into the roasting tin and cook, stirring, until browned, then gradually stir in the liquid and cook, stirring for 2–3 minutes until smooth and slightly thickened.*