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Opening Extract from...

Good Housekeeping Cookery Book

Written by
Good Housekeeping Institute

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NOTES

- Both metric and imperial measures are given for the recipes. Follow either set of measures, not a mixture of both, as they are not interchangeable.
- All spoon measures are level.
  1 tsp = 5ml spoon; 1 tbsp = 15ml spoon.
- Ovens and grills must be preheated to the specified temperature.
- Use sea salt and freshly ground black pepper unless otherwise suggested.
- Fresh herbs should be used unless dried herbs are specified in a recipe.
- Medium eggs should be used except where otherwise specified. Free-range eggs are recommended.
- Note that some recipes contain raw or lightly cooked eggs. The young, elderly, pregnant women and anyone with an immune-deficiency disease should avoid these because of the slight risk of salmonella.

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OILY AND MIGRATORY FISH

1 **Sea trout: all year; best March–July**
The flesh has a flavour and colour rather like salmon, but the texture is coarser and less succulent. Prepare and cook as for salmon.

2 **Herring: May–Dec**
A fairly small, round fish with creamy-coloured flesh that has a distinctive flavour. Usually grilled, fried or stuffed and baked. Cured herrings are also available.

3 **Eel: all year; best Sept–Dec**
Dense, fatty flesh. Eels must be eaten very fresh and are therefore often sold live. They are also sold as fillets, and jellied. Fresh eels are best sautéed or stewed.

4 **Sardine: Nov–Feb**
These are immature pilchards. Most are sold canned in olive oil or tomato sauce, but fresh are increasingly available. Grill, fry or bake.

5 **Whitebait: all year, best Feb–June**
Tiny silvery young of the sprat or herring, whitebait are eaten whole, typically coated in flour and deep-fried.

6 **Salmon: all year**
The deep pink flesh turns pale pink when cooked. Fresh 'wild' Scottish salmon is the best; in season from February to August. Farmed and imported salmon are always available. Sold whole, and as steaks and fillets. Bake or poach whole salmon; grill, pan-fry, poach or bake steaks and cutlets.

7 **Sprat: Oct; March**
Small member of the herring family. Clean through the gills, then grill or fry.

8 **Anchovy: all year**
Small fish with a strong flavour, usually filleted and cured, by salting or brining. Fresh anchovies are sometimes obtainable.

9 **Tuna: all year; fresh or frozen**
The meaty flesh is deep reddish-pink and is sold in steaks or slices. Braise, poach, grill or pan-fry. Canned tuna is popular.

10 **Mackerel: all year, best May–June**
In plentiful supply and inexpensive. The average mackerel weighs about 450g (1lb). Its beige-pink flesh has a meaty texture and rich flavour. Whole fish and fillets can be grilled, baked, pan-fried or braised.



SEA BASS WITH SAFFRON AND ORANGE SAUCE

Serves 6
Preparation 25 minutes
Cooking time 40 minutes

75g (3oz) butter, plus extra to grease
1 large sea bass, about 1.4kg (3lb)
a handful of mixed fresh herb sprigs, such as tarragon, parsley and chervil, plus chopped herbs to garnish
salt and ground black pepper
orange wedges to garnish

For the saffron and orange sauce
½ tsp saffron
1 tsp cornflour
300ml (½ pint) double cream
finely grated zest of 1 orange

1 Preheat the oven to 220°C (200°C fan oven) mark 7. Line a roasting tin large enough to hold the fish with a lightly buttered sheet of foil. Rub the fish inside and out with salt and pepper and put in the foil-lined tin. Tuck the herbs into the cavity and dot the butter over the fish.
2 Cover the sea bass with foil and bake for 40 minutes or until the thickest part flakes easily when tested with a knife.
3 Meanwhile make the sauce. Crumble the saffron into a bowl, add 2 tbsp hot water and set aside. Blend the cornflour with a little cold water in a small pan, then stir in the cream, orange zest and a little seasoning. Add the saffron and liquid to the pan and cook, stirring, until slightly thickened. Simmer gently for 3 minutes.
4 Carefully lift the cooked sea bass on to a board and peel away the skin from the upper surface, then turn the bass on to a warmed serving serving plate. Remove the skin from the other side. Garnish the fish lavishly with herbs and with the orange wedges, and serve with the warm saffron and orange sauce.

TRY SOMETHING DIFFERENT

Use a sea trout instead of bass.

COOK'S TIP

If the bass won't fit comfortably in the tin, cut off the head and bake it beside the fish. Reposition the head as you serve the fish.

NUTRITION PER SERVING
520 cals | 38g fat (24g sats) | 2g carbs | 1g salt



BUBBLE AND SQUEAK CAKES

Makes 12
Preparation 15 minutes, plus cooling
Cooking time 45 minutes

550g (1¼lb) old potatoes
125g (4oz) butter
175g (6oz) leeks, trimmed and finely shredded
175g (6oz) green cabbage, finely shredded
plain flour to dust
1 tbsp oil
salt and ground black pepper

1 Cook the potatoes in a large pan of lightly salted boiling water until tender, then drain and mash.
2 Heat 50g (2oz) butter in a large non-stick frying pan. Add the leeks and cabbage, and fry for 5 minutes, stirring, or until soft and beginning to colour. Combine the leeks and cabbage with the potatoes and season well with salt and pepper. Leave to cool. When cool enough to handle, mould into 12 cakes and dust with flour.
3 Heat the oil and remaining butter in a non-stick frying pan and cook the cakes for 4 minutes on each side or until they are golden, crisp and hot right through. Serve.

NUTRITION PER CAKE 130 cals | 10g fat (6g sats) | 10g carbs | 0.2g salt V



SAVOY CABBAGE WITH CRÈME FRAÎCHE

Serves 6
Preparation 8 minutes
Cooking time 5 minutes

1 large Savoy cabbage, about 900g (2lb)
25g (1oz) butter
200ml crème fraîche
2 tbsp freshly chopped flat-leafed parsley
salt and ground black pepper

1 Cut the Savoy cabbage into large wedges. Bring a pan of salted water to the boil. Add the cabbage wedges, return to the boil and boil for 1–2 minutes only. Drain thoroughly.
2 Heat the butter in a large frying pan, add the cabbage and stir-fry for 3–4 minutes. Add the crème fraîche and chopped parsley, toss briefly and season with pepper to taste. Serve straight away.

NUTRITION PER SERVING 200 cals | 17g fat (11g sats) | 6g carbs | 0.3g salt V



COLCANNON

Serves 4
Preparation 10 minutes
Cooking time 20 minutes

900g (2lb) potatoes, cut into even-sized chunks
50g (2oz) butter
¼ Savoy cabbage, shredded
100ml (3½fl oz) semi-skimmed milk
salt and ground black pepper

1 Put the potatoes into a pan of cold salted water. Bring to the boil, then lower the heat and simmer, partially covered, for 15–20 minutes or until the potatoes are tender.
2 Meanwhile, melt the butter in a large frying pan. Add the cabbage and stir-fry for 3 minutes.
3 Drain the potatoes well, then tip back into the pan and put over a medium heat for 1 minute to drive off the excess moisture. Turn into a colander and cover to keep warm.
4 Pour the milk into the potato pan and bring to the boil, then take off the heat. Add the potatoes and mash well until smooth.
5 Add the cabbage and any butter from the pan and mix together. Season with salt and pepper to taste and serve.

NUTRITION PER SERVING 310 cals | 12g fat (7g sats) | 45g carbs | 0.5g salt V



NEEPS AND TATTIES

Serves 4
Preparation 15 minutes
Cooking time 25 minutes

250g (9oz) swede, cut into chunks
450g (1lb) potatoes, cut into chunks
50–100g (2–3½oz) butter
1 tbsp double cream (optional)
freshly grated nutmeg
salt and ground black pepper
haggis to serve

1 Bring a large pan of lightly salted water to the boil, add the swede and cook for 20–25 minutes until tender. Drain and steam dry for 2 minutes.
2 Bring another large pan of lightly salted water to the boil, add the potatoes and cook for 15–20 minutes until tender. Drain and steam dry for 2 minutes.
3 Mash each vegetable with half the butter until smooth, adding a splash of cream if you like. Season with nutmeg, salt and ground black pepper. Serve with haggis.

NUTRITION PER SERVING 276 cals | 20g fat (12g sats) | 23g carbs | 0.3g salt V



PUDDINGS

BAKED APPLES

Serves 6
Preparation 5 minutes, plus soaking
Cooking time 15–20 minutes

125g (4oz) hazelnuts
125g (4oz) sultanas
2 tbsp brandy
6 large Bramley apples, cored
4 tbsp soft brown sugar
100ml (3½ fl oz) apple juice
thick cream to serve

1 Preheat the oven to 190°C (170°C fan oven) mark 5. Spread the hazelnuts over a baking sheet and toast under a hot grill until golden brown, turning them frequently. Put the hazelnuts in a clean teatowel and rub off the skins, then chop the nuts. Put to one side.

2 Soak the sultanas in the brandy and put to one side for 10 minutes. Using a small sharp knife, score around the middle of the apples to stop them from bursting, then stuff each apple with equal amounts of brandy-soaked sultanas. Put the apples in a roasting tin and sprinkle with the brown sugar and apple juice. Bake for 15–20 minutes until soft.
3 Serve the apples with the toasted hazelnuts and a dollop of cream.

NUTRITION PER SERVING 280 cals | 13g fat (1g sat) | 36g carbs | 0g salt V



SPICED PEARS

Serves 4
Preparation 15 minutes
Cooking time 50 minutes

4 Williams or Comice pears
150g (5oz) granulated sugar
300ml (½ pint) red wine
150ml (¼ pint) sloe gin
1 cinnamon stick
zest of 1 orange
6 star anise
Greek yogurt or whipped cream to serve (optional)

1 Peel the pears, cut out the calyx at the base of each and leave the stalks intact. Put the sugar, wine, sloe gin and 300ml (½ pint) water in a small pan and heat gently until the sugar dissolves.

2 Bring to the boil and add the cinnamon stick, orange zest and star anise. Add the pears, then cover and poach over a low heat for 30 minutes or until tender.
3 Remove the pears with a slotted spoon, then continue to heat the liquid until it has reduced to about 200ml (7fl oz) or until syrupy. Pour the syrup over the pears. Serve warm or chilled with Greek yogurt or whipped cream, if you like.

GET AHEAD

Complete the recipe, cool, cover and chill for up to three days.

NUTRITION PER SERVING 305 cals | trace fat | 52g carbs | 0g salt V



APPLE CRUMBLE

Serves 4
Preparation 15 minutes
Cooking time 45 minutes

125g (4oz) plain flour
50g (2oz) unsalted butter, cubed
50g (2oz) golden caster sugar
450g (1lb) apples, peeled, cored and sliced
custard or double cream to serve

1 Preheat the oven to 180°C (160°C fan oven) mark 4. Put the flour into a bowl, add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Stir in half the sugar. Put to one side.
2 Arrange half the apples in a 1.1 litre (2 pint) pie dish and sprinkle with the rest of the sugar. Add the remaining apple slices to the dish. Spoon the crumble mixture over the fruit.
3 Bake for 45 minutes or until the fruit is soft. Serve hot with custard or a drizzle of double cream.

NUTRITION PER SERVING
425 cals | 18g fat (7g sats) | 74g carbs | 0.3g salt V



BLACKBERRY AND APPLE CRUMBLE

Serves 6
Preparation 45 minutes
Cooking time 25 minutes

50g (2oz) plain white flour
25g (1oz) plain wholemeal flour
75g (3oz) light muscovado sugar
50g (2oz) ground almonds
50g (2oz) unsalted butter
custard, cream or ice cream to serve

For the filling
700g (1½lb) eating apples
50g (2oz) unsalted butter
50g (2oz) golden caster sugar
225g (8oz) blackberries

1 Preheat the oven to 190°C (170°C fan oven) mark 5. Sift the flours into a bowl, then tip in any bran from the sieve. Stir in the sugar and ground almonds, then work in the butter, using your fingertips, to make a very crumbly mixture.
2 To make the filling, quarter the apples, then peel, core and cut into 2.5cm (1in) chunks. Melt the butter in a large frying pan. Add the apples with the sugar, and cook, stirring, over a high heat for 3–5 minutes until golden brown and tender. Transfer to a 1.7 litre (3 pint) pie dish. Scatter the blackberries on top.
3 Spoon over the crumble topping and bake for 25 minutes or until the topping is golden brown. Serve warm, with custard, cream or ice cream.

TRY SOMETHING DIFFERENT

Red Fruit Crumble Replace the blackberries with 225g (8oz) mixed summer fruits, such as red and blackcurrants, raspberries and pitted cherries.

NUTRITION PER SERVING
340 cals | 18g fat (9g sats) | 43g carbs | 0.3g salt V



CHERRY CLAFOUTIS

Serves 6
Preparation 20 minutes, plus 1 hour soaking
Cooking time about 1 hour

350g (12oz) cherries, pitted
3 tbsp Kirsch
125g (4oz) golden caster sugar
4 large eggs
25g (1oz) plain flour, sifted
150ml (¼ pint) milk
150ml (¼ pint) double cream
1 tsp vanilla extract
a little butter to grease

1 Put the cherries into a bowl with the Kirsch and 1 tbsp sugar. Mix together, cover and set aside for 1 hour.
2 Meanwhile, whisk together the eggs, 100g (3½oz) of the sugar and the flour in a bowl. Put the milk and cream into a small pan and bring to the boil. Pour on to the egg mixture and whisk until combined. Stir in the vanilla extract, then strain into a bowl. Cover and set aside for 30 minutes. Preheat the oven to 180°C (160°C fan oven) mark 4.
3 Lightly butter a 1.7 litre (3 pint) shallow ovenproof dish and sprinkle with the remaining caster sugar. Spoon the Kirsch-soaked cherries into the dish. Whisk the batter again, then pour it over the cherries. Bake for 50 minutes–1 hour until golden and just set. Serve warm.

TRY SOMETHING DIFFERENT

For an autumnal clafoutis, replace the cherries with blackberries, the Kirsch with blackberry or blackcurrant liqueur and the vanilla with ¼ tsp ground cinnamon.

NUTRITION PER SERVING
326 cals | 18g fat (10g sats) | 33g carbs | 0.2g salt V

