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Opening Extract from...

Good Housekeeping Step-by-Step Cookbook

Written by
Good Housekeeping Institute

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DIETARY GUIDELINES

- Note that certain recipes contain raw or lightly cooked eggs. The young, elderly, pregnant women and anyone with immune-deficiency disease should avoid these because of the slight risk of salmonella.
- Note that some recipes contain alcohol. Check the ingredient list before serving to children.

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.

Photographers: Steve Baxter (page 280); Martin Brigdale (page 262); Nicki Dowey (pages 198, 20, 42-43, 45, 48, 67, 70-71, 76-77, 94, 96-100, 103-105, 107-108, 128-130, 135-136, 138-139, 164, 169, 174-177, 179, 203-206, 209-211-213, 233, 235-237, 239 240, 243, 255-260, 263, 265, 274, 276-278, 282-285, 295, 297-298, 300, 302, 306, 320-326, 328, 3478, 354, 357-358, 360, 374-380, 382, 384-386, 388-391, 399-402, 404-409 and 425-433); Will Heap (page 281); Fiona Kennedy (pages 49, 66, 69, 95, 362 and 387); William Lingwood (page 109); Diane Miller (page 424); Craig Robertson (pages 10-15, 18, 21-33, 36-41, 54-63, 80-93, 114-117, 120-125, 133, 144-157, 160-161, 166, 182-194, 196-201, 216-231, 246-253, 270-273, 288-293, 301, 305, 310-319, 332-339, 343-346, 3471, 348-351, 366-371, 394-398, 403, 417-423, 436-438, 440-441 and 444-449); Lucinda Symons (pages 197, 44, 46-47, 50-51, 64-65, 72-75, 102, 106, 112-113, 126-127, 131-132 134, 137, 142, 158-159, 162, 165, 167-168, 170-173, 178, 195, 202, 207-208, 210, 232, 234, 238, 241-242, 254, 261, 264, 266-267, 275, 279, 294, 296, 299, 303-304, 307, 327, 340-341, 352, 355-356, 361, 363, 372-373, 381 and 383); Kate Whitaker (page 359).

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CRÈME CARAMEL

Serves 6
Preparation 15 minutes
Cooking time 20–30 minutes, plus cooling
Techniques see also separating eggs (page 54), extracting seeds from vanilla pods (page 438)

175g (6oz) granulated sugar
600ml (1 pint) whole or semi-skimmed milk
1 vanilla pod, split lengthways, or a few drops of vanilla extract
4 large eggs, plus 4 egg yolks
50–65g (2–2½oz) golden caster sugar, to taste

1 Warm six ramekins. To make the caramel, put the granulated sugar into a heavy-based pan and heat gently until melted, brushing any sugar down from the side of the pan. Increase the heat and boil rapidly for a few minutes until the syrup turns to a rich golden brown caramel, gently swirling the pan to ensure even browning. Immediately, dip the base of the pan into cool water to prevent further cooking.
2 Pour a little caramel into each of the warmed ramekins and quickly rotate to coat the base and part way up the sides. Leave to cool.
3 To make the custard, put the milk and vanilla pod in a pan and heat until almost boiling; if using vanilla extract, add after heating the milk.
4 Meanwhile, beat the eggs, egg yolks and caster sugar in a bowl until well mixed. Stir in the hot milk. Strain, then pour into the ramekins.
5 Stand the ramekins in a roasting tin containing enough hot water to come halfway up the sides. Bake at 170°C (150°C fan oven) mark 3 for 20–30 minutes until just set and a knife inserted into the centre comes out clean. Remove from the tin and leave to cool.
6 To turn out, free the edges by pressing with the fingertips then run a knife around the edge of each custard. Put a serving dish over the top, invert and lift off the ramekin; the caramel will have formed a sauce around the custard.

TRY SOMETHING DIFFERENT

Make one large crème caramel in a 15cm (6in) soufflé dish; bake as above for 1 hour or until just set. After cooling, chill for several hours. Transfer to room temperature 30 minutes before serving.



NUTRITION PER SERVING
300 cals | 10g fat (3g sats) | 45g carbs | 0.3g salt V

CRÈME BRÛLÉE

Serves 6
Preparation 15 minutes, plus infusing and chilling
Cooking time 30–35 minutes, plus cooling
Techniques see also separating eggs (page 54), extracting seeds from vanilla pods (page 438)

600ml (1 pint) double cream
1 vanilla pod, split lengthways
4 large egg yolks
125g (4oz) golden caster sugar

1 Pour the cream into a pan, add the vanilla pod and bring slowly to the boil. Remove from the heat, cover and leave to infuse for at least 30 minutes. Stand six ramekins in a roasting tin.
2 Beat the egg yolks with 1 tbsp caster sugar in a bowl. Pour in the vanilla-infused cream, stirring constantly. Strain into a jug, then pour into the ramekins. Surround with hand-hot water to come halfway up the sides of the ramekins. Bake at 150°C (130°C fan oven) mark 2 for 30–35 minutes. Cool, then chill in the fridge for at least 4 hours or, even better, overnight.
3 Preheat the grill to high Sprinkle the remaining sugar evenly on top of the custards to form a thin layer. Put under the very hot grill for 2–3 minutes until it caramelises. (Alternatively, you can wave a cook's blowtorch over the surface to caramelise the sugar.) Leave to cool for 1 hour, but do not chill – the caramel will form a crisp layer on the surface. Serve within 2–3 hours.



NUTRITION PER SERVING
580 cals | 52g fat (34g sats) | 25g carbs | 0.1g salt V