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Comprehensive Cookery

Lola M. Heffernan

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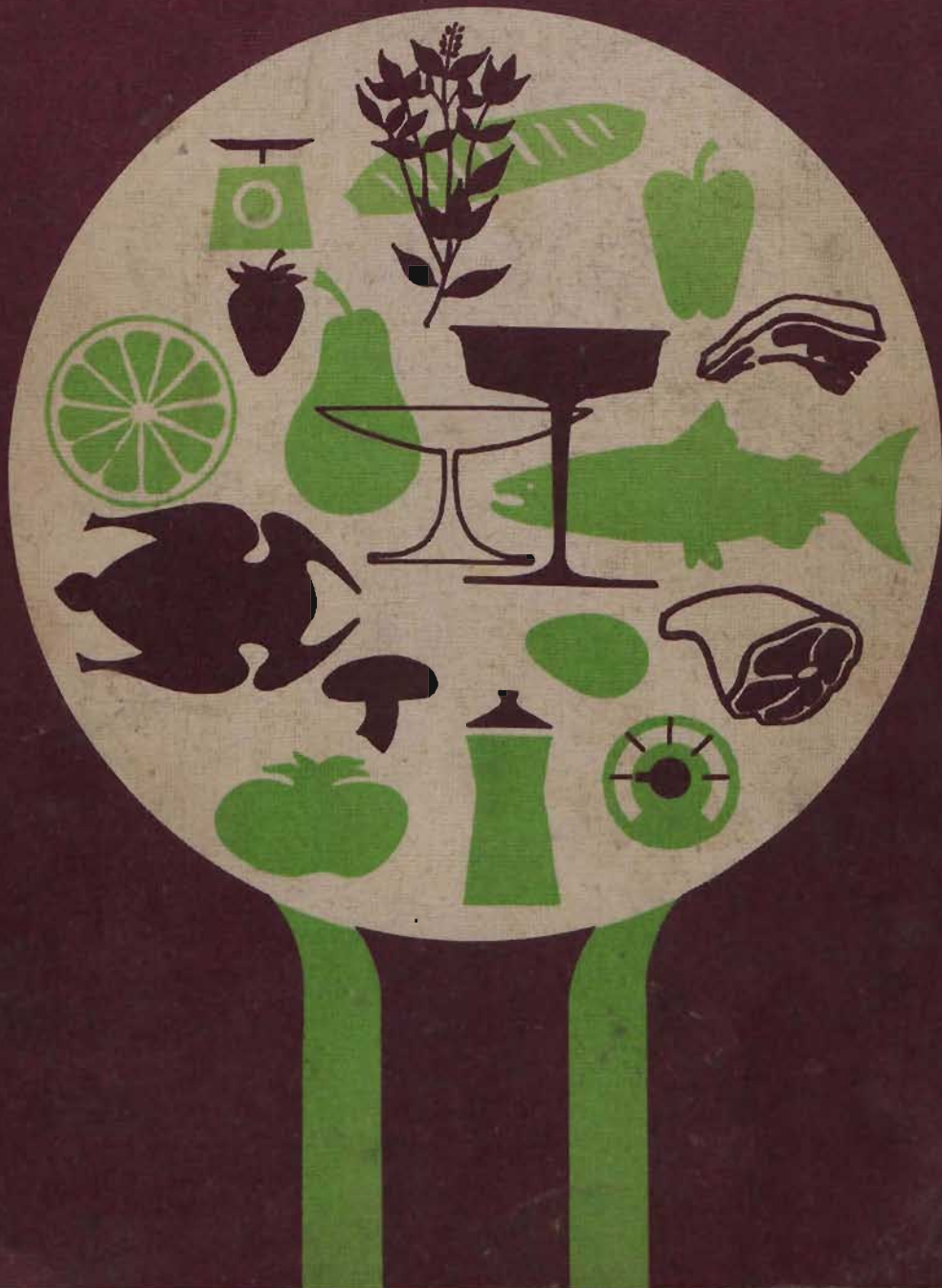
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Longman
Browne & Nolan

Comprehensive Cookery

Lola M. Heffernan



Foreword

Comprehensive Cookery

The aim of this book is to provide a comprehensive course of the Home Economics syllabus prescribed for the Junior and Senior cycles of post-primary schools.

Because cooking is both a craft and a science, I have endeavoured to provide the student with a course in which a due regard is made to the practical as well as the theoretical aspects of the subject. The student is not only to learn the principles of the science of food, but also to acquire the skill of the cook. The student who wishes to enter the catering or food industries or any of the allied and related services.

All the cooking operations are based on the application of scientific principles to ingredients which have been carefully chosen and arranged. Once the basic rules are understood, any number of variations may be made to give new dishes. In this book I have given the basic methods. It is important that the student should be able to adapt these to his own requirements.

Lola M. Heffernan, Dip. Dom. Sc.

Vice Principal

Marymount Comprehensive School

Sallynoggin

Other aspects, such as the selection of suitable ingredients, the methods and their use in order to preserve their nutritive value, the use of the kitchen, the use of the refrigerator, the use of a well-ventilated hood, the use of the oven, the use of the microwave oven, the use of the food processor, and the use of the deep freezer, are dealt with in separate chapters. In preparing what I hope is a comprehensive course, these and many other aspects of the subject have been dealt with as far as possible at the level of the student.

It is to be hoped that the student should follow the carefully selected course in which the subject is presented. The student should develop a practical approach to the use of the kitchen, the ingredients which form the basis of the science of food, and the principles of the science of food, which are essential to the student. It is hoped that it will prove useful to the student and that it will help to develop his or her interest in the subject.

This is the second of three books designed for post-primary schools. *Mathematics and Chemistry* was published a few years ago. *Home and Family Living* will be published by the publishers of the Home Economics course.

Lola M. Heffernan
July 1970

Comprehensive Cookery

John M. Heenan, Dip. Dom. Sc.

For Ireland

Management, University of Dublin

1954

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Foreword

THE aim of this book is to provide a comprehensive course covering the cookery section of the Home Economics syllabus prescribed for the Junior and Senior cycles of post-primary schools.

Because cooking is both an art and a science, I have tried to balance the content of the course in such a way that as much basic instruction as possible is given while including information and suggestions which will stimulate students and encourage them to take an enterprising interest in the subject. The ability to cook efficiently and well is a considerable accomplishment, the value of which is becoming increasingly significant not only for students who will eventually become home-makers, but as a necessity for those who wish to enter the catering or food industries or many of the social and welfare services.

All cooking processes are based on the application of scientific principles to ingredients which have been carefully chosen and apportioned. Once the basic rules are understood, any number of variations may be introduced to give scope for originality. In this book I have given the basic methods. It is important to analyse and practise these first and, when they have been thoroughly grasped, then to try out other recipes. Comparison and evaluation of the results will readily indicate the suitability of the various methods to differing circumstances and occasions.

Other aspects, too, are important. The student must learn to select ingredients and know how to store or preserve them. Kitchen equipment must be explained and its management understood. For the provision of a well-balanced diet, a knowledge of the fundamentals of nutrition is essential. Consumer education, food hygiene, and the development and use of convenience foods are other important topics. In preparing what I hope teachers will find a comprehensive textbook, these and many other aspects of the subject have been dealt with as thoroughly as I consider suitable at this level.

It is not intended that the student should follow the particular sequence of chapters in which the subject matter is presented. The teacher should choose sections appropriate to the age of the class, devising a programme which suits the attainment and interests of the students. Although *Comprehensive Cookery* is primarily intended as a textbook for schools, it is hoped that it will prove useful to housewives and home-makers, not least to those following adult education courses.

This is the second of three books designed for post-primary schools. *Needlework and Dressmaking* was published a few years ago. A third book, *Home and Family Living*, will be published to complete the coverage of the Home Economics course.

LOLA M. HEFFERNAN

July 1970

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Her Majesty's Stationery Office: *Manual of Nutrition*.

The Gas Council, 59 Brynston Street, London.

The Electrical Association for Women.

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