



Technological University Dublin  
ARROW@TU Dublin

---

Cookery Books

Publications

---

1990

## Simply Delicious 2

Darina Allen

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>

 Part of the Arts and Humanities Commons

---

### Recommended Citation

Allen, Darina, "Simply Delicious 2" (1990). *Cookery Books*. 89.  
<https://arrow.tudublin.ie/irckbooks/89>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact [yvonne.desmond@tudublin.ie](mailto:yvonne.desmond@tudublin.ie), [arrow.admin@tudublin.ie](mailto:arrow.admin@tudublin.ie), [brian.widdis@tudublin.ie](mailto:brian.widdis@tudublin.ie).



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](https://creativecommons.org/licenses/by-nc-sa/3.0/)



SIMPLY

*Delicious 2*



DARINA ALLEN



Published in Ireland by  
Gill and Macmillan Ltd  
Goldenbridge  
Dublin 8

with associated companies in  
Auckland, Delhi, Gaborone, Hamburg, Harare,  
Hong Kong, Johannesburg, Kuala Lumpur, Lagos, London,  
Manzini, Melbourne, Mexico City, Nairobi,  
New York, Singapore, Tokyo

© Darina Allen, 1990  
0 7171 1770 7

Photographs by Des Gaffney and John Rowe, RTE

Food styling by Rory O'Connell

Design by Peter Larrigan

Print origination in Ireland by

Irish Photo Ltd, Dublin and Irish Typesetting and Publishing Co Ltd, Galway

Printed in Spain by Graficas Estella, Navarra

All rights reserved. No part of this publication may be copied,  
reproduced or transmitted in any form or by any means,  
without permission of the publishers.

# Contents

---

FOREWORD	xi
ACKNOWLEDGMENTS	xiii
GLOSSARY	xv
SOUPS AND STARTERS	1
Mushroom Soup*	4
Wild Mushroom Soup	4
Watercress Soup	4
Celery and Lovage Soup	5
Potato and Smoky Bacon Soup	6
Salade Tiède with Chicken Livers, Bacon and Croûtons*	6
Salade Tiède with Avocado, Bacon and Walnut Oil Dressing	7
A Warm Salad of Mussels with Tomato Concassé and Watercress	8
A Warm Salad with Irish Blue Cheese	9
A Warm Salad of Goat's Cheese with Walnut Oil Dressing	10
A Warm Winter Salad with Duck Livers and Hazelnut Oil Dressing	11
Orange, Mint and Grapefruit Cocktail	12
Avocado Mousse with Tomato and Basil Salad	12
Susie Noriega's Peruvian Ceviche	13
Oeufs Mimosa	14
Prawns on Brown Bread with Mayonnaise	15
Prawn and Basil Pâté	16
Buttered Prawns with Bretonne Sauce*	16
Smoked Trout with Cucumber Salad and Horseradish Sauce	17
FISH	19
Ballycotton Fish Pie	21
Plaice or Sole with Mussels	22
Poached Mackerel with Bretonne Sauce	23
Hake in Buttered Crumbs*	24
Monkfish Steamed in its Own Juices with Tomato and Dill*	25
Salted Fish with Olive Oil and Herbs	26
Three-minute Fish*	27
Smoked Haddock with Parmesan	27
Cod with Dijon Mustard Sauce	28
Moules Provençale*	29
Cockles or Palourdes Provençale	30

POULTRY	31
Chicken Pilaff*	32
Poached Turkey with Mushrooms	33
Farmhouse Chicken	34
Chicken Breasts with Cream and Lemon Juice	35
PORK AND BACON	36
Glazed Loin of Bacon*	38
Ballymaloe Bacon Chop*	38
Ham Morvandelle	40
Roast Kassler	41
Roast Pork with Garlic and Thyme Leaves and Apple Sauce	42
Filipino Pork with Peppers and Fresh Ginger	43
LAMB AND BEEF	45
Dingle Pie*	47
Lamb with Tomato and Haricot Beans	48
Italian Beef Stew	49
Beef with Murphy	50
Pan-grilled Steak with Béarnaise Sauce and Pommes Allumettes	51
SUPPER DISHES	54
Pasta with Bacon and Tomato Fondue	55
Pasta with Piperonata and Bacon	55
Baked Eggs and Variations	55
Scotch Eggs	57
Ham and Leeks au Gratin	57
VEGETABLES	58
Green Salad with Honey Dressing	60
Cucumber with Fennel	60
Piperonata*	61
Colcannon*	62
Ulster Champ	62
Duchesse Potato	63
Buttered Leeks*	64
Leeks Mornay	65
Cauliflower Cheese	66
Buttered Cabbage*	67
Tomato Fondue*	67
Buttered Courgettes	68
Mushroom à la Crème	68

VEGETARIAN DISHES	69
Provençale Bean Stew*	71
Plain Boiled Rice*	72
Green Lentil and Bean Salad	72
Ballymaloe Cheese Fondue*	73
Easy Tomato Chutney	74
Leek, Potato and Cheddar Cheese Pie	74
Macaroni Cheese	75
Vegetarian Lasagne	76
Cabbage, Pineapple and Onion Salad	77
PUDDINGS	78
Orange Mousse with Chocolate Wafers*	79
Chocolate Meringue Gâteau	80
Lemon Soufflé	81
Lime Soufflé	81
Hot Lemon Soufflé	82
Apple and Sweet Geranium Compote	82
Mangoes in Lime Syrup	83
A Fruit Salad of Pink Grapefruit, Melon, Kiwi Fruit and Lime Juice	83
Bananas with Lime and Orange Zest*	84
Green Gooseberry and Elderflower Compote	84
Crème Caramel*	85
Caramel Mousse with Praline	86
Orange Caramel Cream	87
Caramel Ice-cream with Caramel Sauce and Bananas	88
Country Rhubarb Cake	89
Peter Lamb's Apple Charlotte	90

The items marked with an asterisk denote recipes which are demonstrated on RTE's *Simply Delicious* television series.