
Good Cooking

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Good Cooking

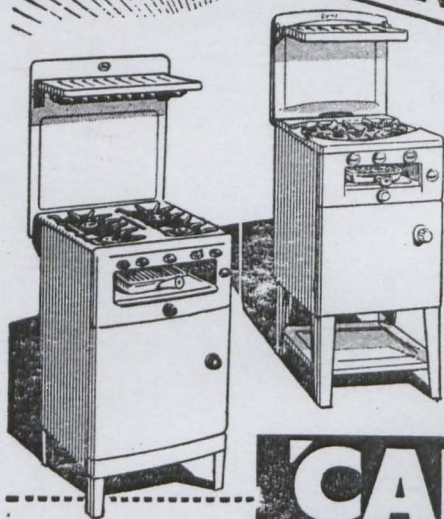
No. 1 Vol. 1
JANUARY, 1958

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Good

Cooking

No. 1 Vol. 1
JANUARY, 1958

The First Issue

THE PUBLICATION of a new monthly magazine is always a very exciting event, this is particularly true of "Good Cooking" for two reasons . . . firstly it has been created and produced as a direct result of the great and satisfying interest you have shown in the lectures and demonstrations over the past few months . . . secondly it is, I believe, the only publication dealing exclusively with good food published in this country. When you receive your copy during the first week of each month I hope that you will be pleased, satisfied and entertained with its editorial content, particularly with the regular features which will include: Demonstration Recipes, Star Shopping Service, Calendar of Coming Events, Chef's Choice, News-stories on famous products. I have been able to make provision to send a copy to any of your friends who are really interested in good cooking with an international flavour. If you return the enclosed reply card (no stamp necessary) with their name and address, I shall endeavour to arrange for your friend to get a copy each month.

Another unique feature may be claimed for "Good Cooking," it is I believe, the first time in Ireland that a publication has been circulated free of charge each month to a very specific type of reader, i.e., to all of you who are interested in simple but sophisticated food. This type of publishing, which has been widely developed in the United States, is known as Controlled Circulation. It is thus described because the circulation is controlled and directed only to those who are really interested in the subject covered; needless to say, "Good Cooking" is not on public sale.

If you turn to the centre two pages, i.e., numbers eight and nine, you will see our regular monthly feature, "Star Shopping." This will give a short description each month of four or five unusually interesting articles appertaining to cooking which may be found in the shops. When you return the reply card please mark any items which interest you and I shall see that you receive further information about these goods and services. Need I say that each article described has been personally tested and used in my own kitchen and has been found to be economical and efficient.

I look forward to seeing you again next month, and until then please write to tell me what you think of the first issue of "Good Cooking."

Sincerely,

MAURA O'CASEY.



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See the centre pages for special offer to readers of
'Good Cooking'.

RECIPES

As Demonstrated at the Royal Hibernian Hotel, Dublin
During the Week Ending 23rd November, 1957

Butter

- 1 onion
 - 1 or 2 shallots if available
 - 1 rasher of bacon
 - Sprig of thyme, parsley and bayleaf
(Bouquet garni)
 - 1 tablespoon white wine vinegar
 - 1 tablespoon tomato puree
 - 1 tablespoon meat stock
 - Salt and pepper
-
-

Sauce Diable

Cook onion (and shallot) and rasher of bacon all chopped up, in a little butter or margarine. Add bouquet garni and 1 tablespoon of white wine vinegar. Reduce by one-quarter, and add tomato puree and meat stock, salt and pepper. Bring to boil, cook for 5 minutes and strain. Should be highly spiced.

Excellent with cold meats

- 1 lb. desalted cod
 - Cold boiled potatoes
 - 3 or 4 tinned peppers
 - 3 or 4 tomatoes
 - Breadcrumbs
 - Lemon juice
 - Butter or margarine
 - Pepper
-
-

Salt Cod Creole

Stand fish in water overnight, if possible. Cook in pressure cooker for 10 minutes or poach for 30 minutes. Butter baking dish. Put layer of sliced cooked potatoes on bottom of dish, over this a layer of shredded fish. Cut peppers into strips and put over fish. Season with pepper only. Repeat these layers again until dish is full. Pour over some fresh tomato sauce (fresh tomatoes, skinned, passed through sieve or Moulinette, seasoned, and simmered for about 15 minutes). Pour over 3 or 5 teaspoons of lemon juice. Cover with breadcrumbs. Dot with butter or margarine and bake till breadcrumbs are brown in a moderate oven for about 20 minutes.

- Small steaks or chops
 - 1 or 2 onions
 - 1 large parsnip
 - 2 or 3 carrots
 - $\frac{1}{2}$ pint of sour cream
 - 1 tablespoon paprika
 - Lard or fat
 - Salt
-
-

Esterhazy Steaks

Put sliced vegetables in pan with hot fat, and cook slowly till they have begun to brown, then add the steaks, or chops, which should have been previously grilled or fried for a few minutes. Add the paprika and sour cream, cover, and simmer till tender and slightly underdone. Serve with a puree of potatoes.

CIDER

Cider is one of the oldest and most universally enjoyed beverages in the world. It is, or should be, obtained by fermentation of the juice of ripe cider-making apples. These differ from eating or cooking apples as eating grapes differ from wine grapes, chiefly because of their acidity.

Cider is excellent with white fish, mussels, or in the cooking of ham, but it should be either draught or vintage when obtainable. However, one can use ordinary bottled cider very successfully.

RECIPES

As Demonstrated at the Royal Hibernian Hotel, Dublin
During the Week Ending 2nd November, 1957

1 teaspoon of mustard
2 teaspoons white wine vinegar
 $\frac{1}{4}$ lb. grated horseradish
 $\frac{1}{2}$ oz. Castor Sugar
Pinch of salt
 $\frac{1}{4}$ pint cream
 $\frac{1}{4}$ lb. breadcrumbs

Cold Horseradish Sauce

Dilute mustard in wine vinegar, add grated horseradish, sugar, salt, cream and breadcrumbs (soak in milk and press out any surplus milk through sieve). Serve very cold.

Pears
Castor Sugar, vanilla flavoured
Red or white wine
Whipped cream (optional)

Baked Pearus au Vin

Peel, core and quarter pears, put in a baking dish. Sprinkle with sugar, according to taste. Moisten with red or white wine. Bake in a moderate oven until liquid has nearly all disappeared. Serve hot or cold. Whipped cream, a matter of choice.

1 lb. fillet of beef
 $\frac{1}{4}$ lb. onions
 $\frac{1}{4}$ lb. mushrooms
 $\frac{1}{4}$ pint thick sour cream
Little butter or margarine
French mustard

Boeuf Strogonoff

Cut some slices from a fillet of beef, beat flat with a wooden spoon to tenderise, and cut into short thin strips. Slice mushrooms and onions, and cook slowly in butter or margarine (lid on). Then fry beef very quickly in a separate pan and mix the vegetables with it, and before serving, add some French mustard and the sour cream.

Must be served very hot. Accompany it with a puree of potatoes.

French Mustard: mix a little mustard to a stiff paste with water, add a little sugar, salt, pepper, wine vinegar and olive oil.

Cream
Coffee, strong
Sugar to taste
Whiskey or Irish Mist Liqueur

Irish Coffee

Heat stemmed goblet. Pour in jigger of whiskey or Irish Mist. Add sugar. Fill goblet with strong black coffee to within one inch of brim. Stir to dissolve sugar. Top off to the brim with whipped cream. Do not stir after adding cream.

RECIPES

As Demonstrated at the Royal Hibernian Hotel, Dublin
During the Week Ending 9th November, 1957

3 onions
1 oz. butter or margarine
1 tablespoon flour
 $\frac{1}{2}$ pint stock
1 tablespoon wine vinegar
A little French mustard
Salt and pepper

Sauce Robert

Chop onion finely and fry golden brown in fat, add flour, stock, pepper and salt. Simmer gently for 30 minutes. Add, when ready to serve, wine vinegar and about 1 teaspoon of French mustard. (Mix mustard with a little water, add a little sugar, salt, pepper, wine vinegar and olive oil.)

2 lbs. potato puree
1 lb. cooked carrots (optional)
 $\frac{1}{4}$ lb. onions, minced
Parsley
Breakfast cup of breadcrumbs
(soaked in milk)
1 lb. cold cooked meat
1 raw egg
 $\frac{1}{2}$ oz. paprika
 $\frac{1}{2}$ oz. grated cheese
 $\frac{1}{2}$ oz. fat

Parmentier Mince

Have ready a puree of potatoes, cooked carrots and cooked minced meat. Cook onions and parsley in a little fat, soak breadcrumbs in milk and grate cheese. Grease oven-proof dish, divide potatoes in two halves, put one half of potatoes on bottom of dish, then the carrots, and after that the mixture the meat, breadcrumbs, onion and parsley mixed with raw beaten egg and seasoned with paprika. Put remainder of potatoes on top, sprinkle with grated cheese, dot with a few nuts of butter. Cook in moderate oven till top is golden brown, about 25 minutes.

PASTRY

8 oz. flour
4 oz. fat
1 egg
Pinch of salt
Water to mix

FILLING

2 egg yolks
2 egg whites, beaten stiffly
4 tablespoons sugar
1 teaspoon grated orange rind
 $\frac{1}{2}$ pint cream
6 ozs. cream cheese (double cream,
if possible, Gervais, Pommel,
Petite Suisse or Nubian Goats
cheese)

VARIATION FILLING

6 oz. cream cheese
3 eggs
4 oz. sugar
2 tablespoons chopped angelica
2 tablespoons cream

La Tarte au Petite Suisse

Make pastry on line tart tin. Mix together the cheese, cream, egg yolks, sugar and orange peel, and lastly the stiffly-beaten egg whites. Spread this mixture on uncooked pastry, bake in a moderate oven for about 20 minutes till golden crust on top. Serve cold.

CULINARY NOTES

PEPPER

Pepper can be divided into three sections:

1. The condiment, the fruit of the plants of the Piper genus, Piper Negrum or Black pepper.

Black pepper and white pepper, which is black pepper with the outer skin removed, soaked in salted water and dried. Black pepper is stronger than white pepper, and both should be ground as required in a pepper mill. Pepper contains oil which evaporates when exposed to the air.

2. The condiment, the fruit of many species of Capsicum (fruit or seeds, dried), such as Cayenne, Paprika or Chilli. Chilli is one of the hottest of these red peppers; Cayenne is also hot and Paprika one of the mildest.

3. The vegetable, the fruit of different species of the Capsicum, variously known as Spanish pepper, green or sweet pepper (pimento), red pepper, etc., according to shape and colour.



LIPTAEUR CHEESE

A famous cheese made in Germany and Austria, though of Hungarian origin. It is made from fresh sour milk (as against sour milk which has stood for a long time). It is a cream cheese to which various ingredients are added, including the following:

Butter to equal quantity of cheese	French or German mustard
Chopped capers	Salt
Anchovies	Pepper
Chopped shallots	Paprika



MELON

A fruit which, like tomatoes, is usually included among the vegetables, but it is so sweet that its proper place is really at the end of a meal, as a dessert. It is, however, very often served at the beginning as an hors d'oeuvre. There are many different varieties of melon, cantaloup, honeydew, musk, serpent, water melon, citrus melon, etc., etc.

The cantaloup melon, which is imported from the Continent, is in season roughly from mid-May to mid-October; it is excellent in flavour when ripe, and needs no more than a pinch of salt to bring out the flavour. From the gastronomic point of view this melon should never be served scooped out with a glass of port inside it as this ruins the flavour of both the melon and the port.

In the United States of America the true cantaloup is unknown, but the name is often given to musk melons. Again, there are many varieties of musk melons.

The honeydew is a musk melon, it is extensively grown in California and exported. It is in season for a month or two longer than the cantaloup.



PARTY DISHES

As Demonstrated at the Royal Hibernian Hotel, Dublin
on Tuesday, December 10th, 1957

Polpettone

Chop onion and cook in a little fat till golden brown. Mix it with raw meat, pounded garlic and chopped parsley. Add beaten up eggs, pepper and salt. Flatten this mixture on a floured board and roll about $\frac{1}{4}$ inch thick. Transfer to large sheet of well-buttered greaseproof paper. Mince the stuffing ingredients and mix together, and place in centre of rolled-out meat. Roll up into a large sausage and enclose in buttered paper, like a parcel, tie with thread. Put a little fat in oven-proof dish, put Polpettone in it, cover it and cook in a very slow oven for $1\frac{1}{2}$ hours.

This quantity is sufficient for eight persons. Serve hot or cold.

2 lbs. raw minced veal, beef or pork
4 eggs
Clove of garlic
1 onion
Sprig of parsley
Pepper and salt

Patafla

Peel tomatoes, stone olives, mince tomatoes, onion, peppers, olives, capers and gherkins. Remove crumbs from inside of roll and add to all of above ingredients, adding, if necessary, some more grated breadcrumbs. Mixture should be fairly solid. Add a little olive oil or liquid butter or margarine. Add paprika, salt and a little black pepper. Fill this mixture into scooped-out roll, put top on roll, tie together with thread, place in a fridge or cold place overnight, if possible. Serve cut into $\frac{1}{2}$ inch slices piled up on a dish. This quantity serves eight persons.

1 long French roll
4 tomatoes
1 large onion
2 red peppers
2 oz. black olives
3 oz green olives
2 oz. capers
2 oz. gherkins
Paprika
Salt
Olive oil or liquid margarine
Black pepper

Melon Surprise

Cut tiny piece off bottom of melon so that it will stand. Cut open top of melon, making it about 4 inches in diameter, remove seeds and scoop out flesh carefully. Prepare mixture by chopping up fruits into small pieces, also scooped-out melon flesh, add sugar to taste. Add liqueur and put all back into melon, covering with piece you cut off. Chill for at least an hour. If using tinned fruits, fruit must be strained of juice before adding liqueur. When fruit is put into melon some juice can be added to top it up.

One medium-sized melon serves four persons.

1 Honeydew melon
Castor sugar
2 peaches
1 orange
Strawberries or raspberries
Small glass of Kirsh or Irish Mist
liqueur

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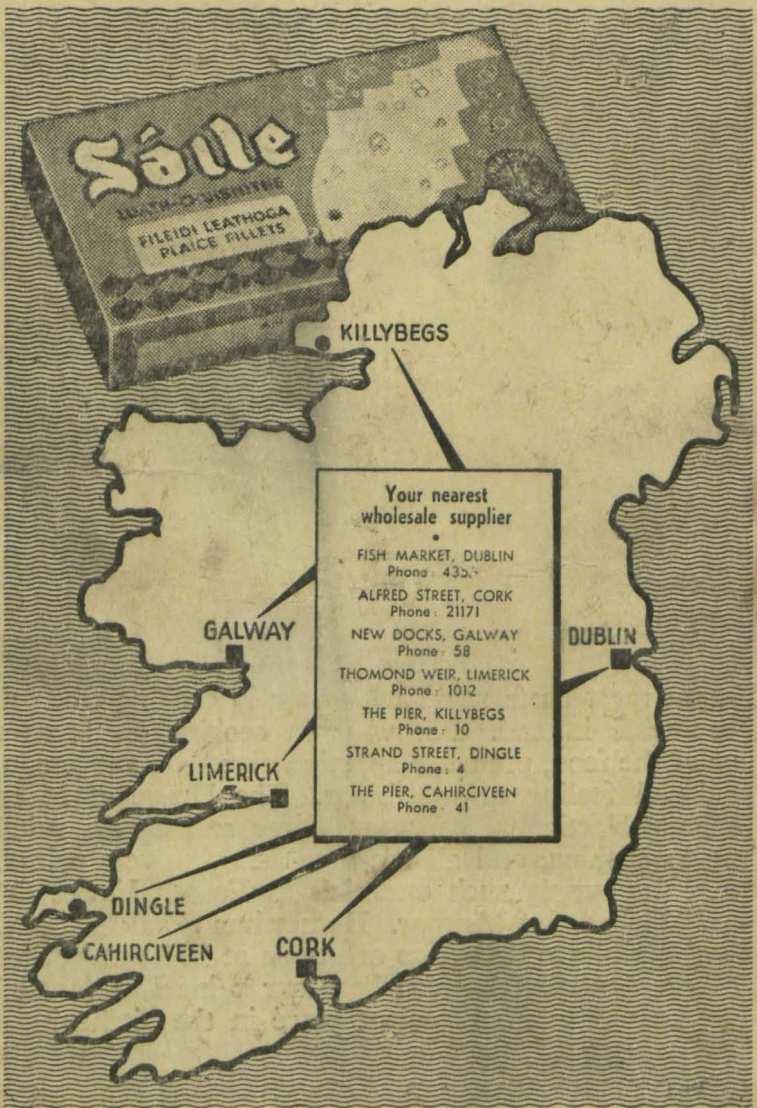
In France most chefs never use water in cooking when they can use wine instead. For wine in cooking heightens the flavour of the food, promotes appetite, digestion, and produces a wonderful feeling of well-being. The House of Morgan has a large selection of excellent Wines and Spirits suitable for use in cooking, and all are most inexpensively priced.

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