

---

Good Cooking

---

1958-03-01

**Good Cooking, vol. 01, no. 03, March, 1958.**

Good Cooking

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



Part of the Arts and Humanities Commons

---

**Recommended Citation**

Good Cooking, "Good Cooking, vol. 01, no. 03, March, 1958." (1958). *Good Cooking*. 3.  
<https://arrow.tudublin.ie/culmag/3>

This Book is brought to you for free and open access by ARROW@TU Dublin. It has been accepted for inclusion in Good Cooking 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/)

# *Good Cooking*

No. 3      Vol. 1

MARCH 1958

*Controlled Circulation*

*Not for public sale*



## Mummy knows what's good for me!

Few foods are *so good* to eat—  
and *so good* for you as Chivers Honey

It is a guaranteed, pure, natural  
product—wonderful for building up  
health and energy. Soothing to  
sore throats. too!  $\frac{1}{2}$  lb. and 1 lb. jars  
at your Grocers.



**HONEY** Guaranteed Pure

# Good Cooking

## Fish Today

From time to time a letter appears in the Press from somebody living in a provincial town signing themselves "Puzzled" or "X.Y.Z." or, occasionally, with a genuine name at the end. The letters deal with the fact that the writers cannot obtain fish. Why their names should be so cryptically disguised is doubtful, but does not altogether concern us. Like misfortunes, these letters never occur singly: they are invariably followed by a correspondence lasting a week or two. An important point is that they are seldom answered, there is nobody to answer them.

The consumers say that there is no fish to buy; the suppliers reply that nobody wants to buy them. Round and round we go in a vicious little circle!

To add to the fun in the odd places where fish do turn up, such as hotels and the like, there are far too few people who know how to cook them. Those who eat fish under such circumstances go away vowing to eat bread the following Friday. Their experiences help to keep down the demand for fish and keep up the cries of the letter-to-the-press-writers who are in fact a minority who have generally been brought up in a coastal town or city where fish were readily available.

Apart from the frequent ill (and even ill-making) cooking of fish there is probably an historical reason for inland-dwellers disliking them. Before the days of fast transport the fish most commonly available on Fridays would have been perch. Cooked with exceptional skill when exceptionally fresh and with various other 'exceptionallys,' the perch may make a highly palatable dish. Under other circumstances it is most kindly described as "muddy." A diet of perch suffered by an ancestor within the last two hundred years would probably breed a general dislike for fish.

It is, however, impossible to cook fish when they cannot be bought and here is the necessity of a further advertising campaign is obvious. Every industrialist (and a good many schoolboys) knows that if anything is to be sold advertising must be done at high pressure, particularly with a new product. Fish are as good as a new product as far as many towns are concerned. I looked through the Monday to Friday numbers of a daily paper of large circulation and saw but little publicity for fish of any kind. Without at the very least a good "Eat More Fish" ad. per week in the daily papers there can be no hope of seeing fish in inland towns for a long time to come.

Few forms of food are quite so packed with fats, proteins and vitamins as fish. Those who refuse to eat them are depriving themselves of one of nature's greatest benefits to mankind.



# H.B.

—the purest **ICE CREAM**  
—the freshest, finest **MILK**

HUGHES BROS., RATHFARNHAM, DUBLIN

# Nubian Goats' Cheese



By MISS C. E. BAKER,

*who has the only herd of Nubian Goats in Ireland.*



We of the Emerald Isle are not cheese minded, although we consider ourselves of an agricultural community. Ireland has one of the lowest rates for cheese consumption per capita in the world.

Quite a number of the Continental cheese, especially those of Swiss or French origin, are made from goats' milk or a mixture of goats' and cows' milk, but as this is not proclaimed on the label the customer enjoys his cheese without being disturbed mentally. Write the word "goat" across any article of food and nine times out of ten, in all probability, you will see the quickly-retreating back of the would-be customer.

When dairy goats' milk is produced under hygienic conditions there should be no peculiar, strong or off-flavours. Their milk is naturally T.B. free. This aversion or prejudice — call it what you will — to goats' products may be laid at the door of the little horned and hairy horror of the hedgerow, the scrub goat. However this may be, the various breeds of the modern dairy goat produce milk which research has shown to be a food which is perhaps the most easily digestible particularly to the Nubian breed or, more correctly speaking the Anglo-Nubian, than any other breed of goat.

The Anglo-Nubian is a comparatively new breed, their herd book register only dates from about 1920 and was found by crossing the Indian Jumna Pari goat with the African Zariby. The breed is extremely popular in the U.S.A. where the milk of the Anglo-Nubian is big business. Their butter fat may be anything from 5% to 9% compared with 3% to 4% of other breeds, and the solids (not fat) content are much higher in Anglo-Nubian milk than any other breed.

The fat globules in goats' milk generally are much smaller than in cows' milk, which is one reason why goats' milk is so much easier to digest.

The content of chlorine and fluorine is strikingly high.

The goat is 100% efficient in the conversion of carotene into vitamin A. In cows' milk it remains as carotene unconverted, hence the white appearance of goats' milk in comparison to cows'.

Goats' milk is 50 times richer in vitamin B.1 than cows' milk, and it is possible that the vitamin B.1 content of goats' milk contributes largely to efficacy of their milk in the treatment of digestive disorders.

The Nubian produces milk of quality but not quantity, though we have had goats giving 14 pints a day; we prefer animals giving a steady gallon or so.

About 20 years ago the milkman delivered a quart of milk which fell under grave suspicion. There was certainly a residue in the bottom of the jug which no self-respecting milk should know anything about. My mother there and then decided to purchase a goat.

In due time we had three crossbred animals (goats are naturally herd animals and do not thrive singly) and so our goat-keeping began.

Looking back over the years I think anyone less enthusiastic than we were would have given them up after the first year. By degrees our herd grew and then our troubles began—our hedges were vanishing and a young plantation of apple trees was badly damaged. The amount of milk produced certainly did not merit all the trouble. However, we were interested and held on. But we had to face up to it, all the hedges would have to be fenced.

We now found the housing inadequate and built an asbestos shed, this we were obliged to add to in a few years.

The Nubian goat is a sensitive and intelligent animal requiring special care and sympathetic management. A lover of a warm, dry climate, we found our asbestos shed too cold and draughty for them and there was nothing for it but to pull down our present shed and build a large one of concrete with kid-rearing pens.

Our first year of cheesemaking with the Nubians was nothing spectacular; we had some false starts, but the accounts from the second year were quite encouraging.

We had nine milkers, which would mean we would have about six all time milking, and from these, from January 1st to December 31st we turned out one ton, one hundredweight and eleven pounds of cream cheese plus bye-products such as skimmed milk and whey; and also supplied the household with milk and cheese and a small amount of butter during the summer months. In addition we supplied two invalids with milk for the whole year with the exception of about three weeks in January.

These figures give some idea of the output at the commencement, but unfortunately they give no idea of the huge amount of work involved.

We were now at the point where we found it was most economical to grow all our own feeding stuffs, particularly as we intended to grow special food for them as we found the milk of higher value when the goats were grazed on pastures laid down to certain selected herbs. Some of these could not be procured here and we had to resort to importing again.

We hope to produce three other varieties of chese—Nuga, a hard cheese which will take from one to two months to mature; Gyetost, a Norwegian cheese which is a concentrated form of milk sugar and albumen, and most nutritious; Double Cream, which we shall probably only be able to produce during the summer.

All our cheese is unprocessed and so retains the full vitamin and mineral value of the fresh milk unspoilied.

The cream cheese which is on sale is a versatile cheese and can be used as either a savoury or sweet, and retains unspoilied all the properties of fresh cream and milk. Children love it.

C. E. BAKER.

*You must try*

*Marianne*

THE ALTERNATIVE  
TO BUTTER

*the difference is the price!*



**MARIANNE** is the Exclusive TABLE margarine, tasting as good as creamery butter on bread.

**MARIANNE** creams better than anything else for PASTRIES, and gives the lightest and best-tasting cakes.

**MARIANNE** is excellent for FRYING, leaving no unpleasant burnt deposits in the pan, does *not spit* like lard or other frying materials, causing extra work and waste. Remember that you have *paid* for all the fat splashed on to walls, cooker and floor — and it is quite a job to get it removed.

**MARIANNE** is perfect for *any* sort of cooking.

**MARIANNE** thus is your ALL ROUND Assistant, helping you to save work, time and money. To buy one-pound packet at a time is never too much to cover all the purposes.

Mothers will remember that Children especially need the constant supply of VITAMINS included in *every* packet of MARIANNE.

**Marianne Margarine is used and recommended**

by

**Maura O'Casey**

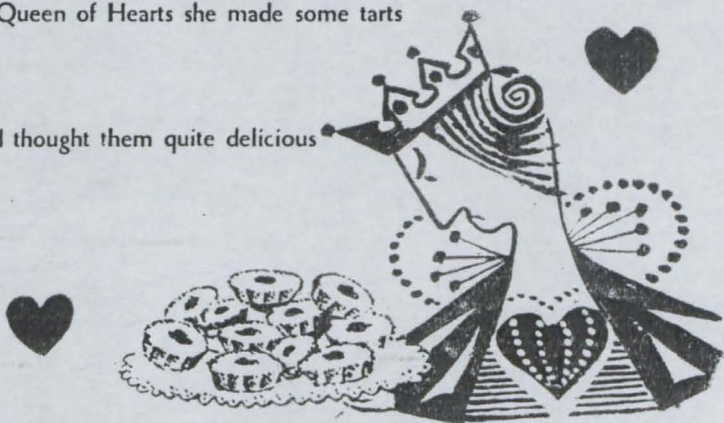


*Once started with MARIANNE you will continue.*



The Queen of Hearts she made some tarts

And thought them quite delicious



The Knave of Hearts said "Keep your tarts —



*Farola's* more nutritious."



**Farola** makes delicious dishes—milk puddings, blanchmanges, custard and cakes. In all seasons—served hot or cold **Farola** is a treat for young and old.

# Farola

FOR ALL THE FAMILY

For Free Recipe Book write to: Cereals Ltd., The Linen Hall, Dublin.  
Also ask for MARSHALL'S Semolina, Ground Rice and Pearl Barley

# RECIPES

As Demonstrated at the Royal Hibernian Hotel, Dublin

$\frac{1}{2}$  oz. Gruyere cheese  
1 egg  
 $\frac{1}{4}$  pint cream  
3 or 4 slices cooked bacon  
7 or 8 slices of ham and garlic  
sausage (Tyrolean type)  
 $\frac{1}{2}$  lb. short crust pastry

## PASTRY:

$\frac{1}{2}$  lb. flour  
1 oz. butter or margarine  
Milk  
Salt  
1 tin fillets of anchovies

★

★

★

Small young carrots  
Nut of butter  
Salt  
Sugar  
1 or 2 tablespoonsful cream

Eating apples  
Butter or margarine  
Castor sugar  
Apple brandy (Calvados)

## Quiche Lorraine

Make pastry and line a greased flan tin with it. Prick here and there to prevent puffing. Spread over the pastry a layer of grated cheese, on top of that a layer of cooked bacon cut into small pieces and over that some peeled and cut-up ham and garlic sausage. Pour over this the egg, lightly beaten, to which has been added the cream. Bake in a moderate oven for 35 to 45 minutes. Serve hot.

★

Knead pastry and allow to stand for 30 minutes. Then divide in half and roll out thinly. On one sheet of pastry spread some washed, boned and chopped anchovies and cover with the other sheet of pastry. Cut pastry into almond shapes and fry in very hot oil. Serve immediately.

## Carrots with Cream

If carrots are small, leave them whole, otherwise scrape them and cut into quarters. Cook in a saucepan with just enough water to cover, add salt, butter and sugar in proportions as follows: one dessertspoon of sugar to two dessertspoons of butter to one pint of water. Bring to the boil and continue boiling till water has almost disappeared. Reduce heat and cook till carrots are soft and glazed. Add a little hot cream to make a short sauce, reduce and serve.

★

★

★

## Pommes Balbec

Peel eating apples and cut into quarters. Melt the butter or margarine in a frying pan, put in the apple quarters and cook so that they brown on all sides (about 15 minutes). When browned and soft, sprinkle with castor sugar. Have ready some warm brandy and pour it over the apples and set alight. Shake pan till flame dies out. Serve with whipped cream, ice cold.

# GILBEY'S

## Crock o' Gold

the lightest  
the mildest

the smoothest  
of them all



The lightest, the mildest, the smoothest of them all, Crock o' Gold Irish Whiskey is blended by Gilbey's and distilled by Irish firms with a record nearly two centuries old. Gilbey's consummate skill makes every golden drop of this superb whiskey a rich experience you'll enjoy. Crock o' Gold comes in a small book-flask-type bottle, containing one-sixth of a gallon

# RECIPES

As Demonstrated at the Royal Hibernian Hotel, Dublin

1 tablespoon grated cheese  
Yolk of one hard-boiled egg  
1 tablespoon butter or margarine  
Salt and pepper  
Mustard

## Cheese and Egg Sandwich

Grate some cheese and mix with the mashed hard-boiled egg yolk. Add butter or margarine, salt and pepper and a pinch of mustard. Spread between slices of buttered bread or on rolls.

★ ★ ★

Hard-boiled eggs  
A little cream  
Salt and pepper  
Finely chopper celery heart

## Eggs Stuffed with Celery

Cut hard-boiled eggs in half; remove yolks and mash yolks well, adding a little cream, salt pepper and the chopped celery. Mix well and fill the whites with the mixture.

★ ★ ★

Hard-boiled eggs  
 $\frac{1}{4}$  lb. mushrooms per 6 eggs  
Salt and pepper  
A little lemon juice  
A little white sauce (Bechamel)

## Eggs Stuffed with Mushroom.

Cut hard-boiled eggs in half lengthways. Cook mushrooms in butter for ten minutes, season with salt and pepper and a little lemon juice. Chop together the mushrooms and the yolks of eggs, mix with the sauce so that the stuffing is the consistency of a very thick sauce. Fill the eggs with it and put in a buttered fireproof dish; put a little sauce around the eggs and brown in a slow oven. Serve at once.

★ ★ ★

6 oz. chopped Gruyere cheese  
3 oz. butter or margarine  
Yolks of 4 eggs  
 $\frac{1}{4}$  pint of milk

## Cacimperio

Soak cheese in milk for two hours. Put butter or margarine in a saucepan and when it begins to brown add the soaked and strained cheese with two tablespoons of the milk in which the cheese was soaked. Transfer to a double boiler over hot water. Stir continuously but do not let it boil. When cheese is completely dissolved, remove from the fire and mix in the yolks of eggs. Put back on heat and stir till the mixture thickens and is the consistency of thick cream. Serve immediately.

This dish is the Italian variation of the French fondue, and is one of the special dishes of Turin where they use a cheese very similar to Gruyere.

★ ★ ★

2 oz. anchovies  
4 oz. butter or margarine  
Handful of parsley

## Green Butter

Boil parsley in water with the lid off for five minutes and immediately put under the cold tap, then chop very finely. Mix this with the chopped anchovies and the butter or margarine, making a

# MICHAEL'S RESTAURANT

WICKLOW STREET

DUBLIN



Executive Luncheons served daily from 12.30 — 3 p.m.

*Phone Service to Tables*

★ ★ ★

For Your Reservations, phone 72257/72290

★ ★ ★

Dinner Dance Each Evening in Bright, Elegant Spanish Decor

★ ★ ★

A la Carte and Table d'Hote Menu

★ ★ ★

IRISH RESTAURANTS LTD.

Michael Tanham, Managing Director

## Rt. Hon. Hot Don

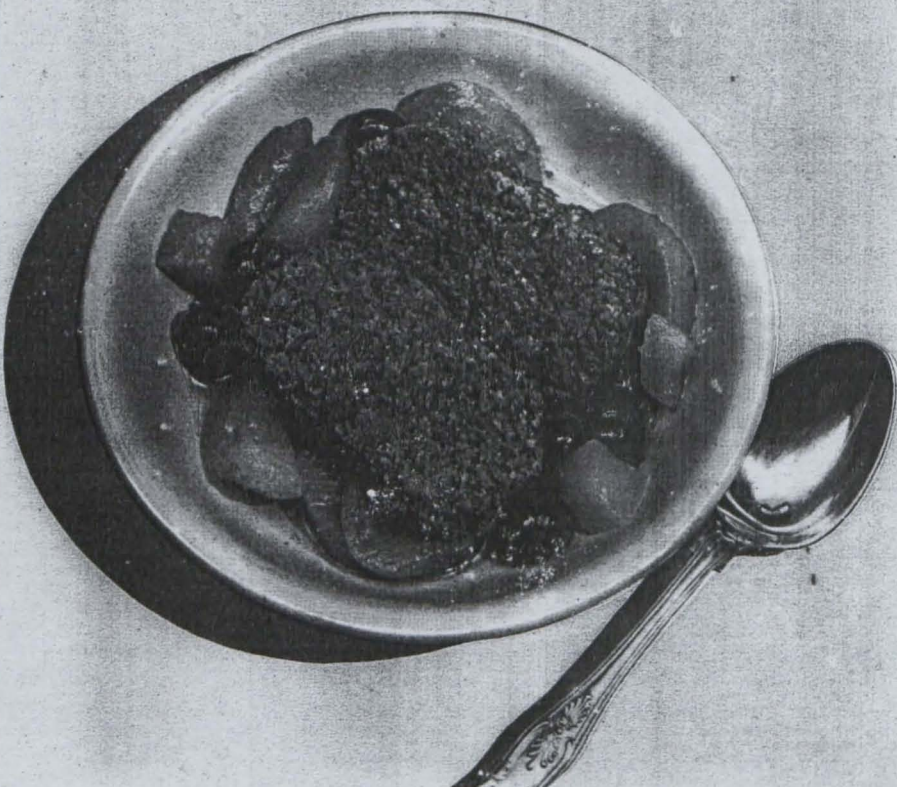


Our dictionary tells us the "hot dog" is an Americanism for a hot sausage sandwiched in a roll of bread; from the larger editions we also learn that the sausage is of a German type, associated with such cities as Frankfurt. Frankly, this tells us about as much as that lamb is young sheep! As any chef worth his salt will know, it's not what you start with that matters, it's what you end up with! Of course, the dictionary is right — the hot dog sausage began its life in Germany, and was eaten with sauerkraut, pickles, cheese, etc. It helped to colonise the rough and tough North American Continent along with its sturdy compatriots. And because our Irish eating habits are nowadays definitely being influenced by the trends in these now peaceful United States, we should acknowledge this sausage . . . indeed praise it. Let us tell you about it, and what it will do for you.

The best hot-dog sausage in Ireland is Donelly's skinless frankfurter. We say this only because it is true! This firm has always had your interests at heart — it was they who produced the first skinless sausages in Europe — and they are certainly *the* masters of meat processing. This new product is an altogether splendid achievement. It has all the smoky, juicy succulence of a frankfurter as well as a distinct personality of its own, and so encourages the good cook to produce that extra effort that turns cooking from a necessity into an art. For example, frankfurters served with cabbage and potatoes make a simple, yet appetising meal; baked in diced pineapple — bless our American cousins — they create a dish that turns the worthy holders of a Cordon Bleu the palest of pale shades of envious green; grilled aux brochettes with olives, onions, bacon and peppers, they awake the nobler instincts in our breasts, and make us gentle, calm and full of quiet admiration; in risotto Bolognese, immersed in garlic-touched rice, they flavour a meal into a feast, becoming an experience the grandour of which is never forgotten; and oven-matured in still Hock they will burst the iciest heart into paeans of delight if not outright hurrahs! Yes, ladies, frankfurters are versatile creatures, who long to be loved in their cooking, and amply reward the cosetting you may lavish on them. Our job is but to prompt — then wait for you to serve up the dish that will given an additional, wider meaning to food! We do suggest, however, that frankfurters will add an extra dimension to your repertoire . . .

## Weetabix and Fruit

As an alternative to milk, serve Weetabix with fresh or tinned fruit: it makes a particularly tempting summer breakfast or sweet.



For your cakes

# Weetabix Perfect Flour

THE SPECIAL PROCESS FLOUR

THAT MAKES SUCH WONDERFUL CAKES



# More than a breakfast food

Recipes with Weetabix  
by Helen Burke







# Weetabix

More than a breakfast food

ALTHOUGH the first and most important use of Weetabix is with hot or cold milk as a breakfast cereal, these golden crisp Weetabix biscuits make a wonderful basis for all sorts of delicious dishes, whether you use them whole or crumbled. The distinctive flavour of Weetabix, derived from toasted whole wheat and malt, goes equally well with sweet things or savouries, and of course it is a taste which children particularly love. As a tea-time treat for the children, coat Weetabix in melted chocolate (Chocolate Coated Weetabix), but don't expect to have any left over! You will find also that these Weetabix "tasties" are absolutely invaluable for "Snappers," that hybrid meal of the Television age, half snack, half supper.

Weetabix is made from whole wheat, one of nature's best energy foods, with malt and sugar and just a pinch of salt for flavouring, so you can be sure that everything you make with Weetabix is packed full of goodness. We are always hearing new ways of serving Weetabix and you probably have a special Weetabix dish you made when you wanted something a little out of the ordinary. Why not write to us about it? We may be able to use it in our next recipe booklet . . . .





## \* Weetabix Scones

2 oz. Weetabix    6 oz. Weetabix  
 Perfect Plain Flour ·  $\frac{1}{4}$  teas-  
 spoon salt ·  $\frac{1}{2}$  level teaspoon  
 bicarbonate of soda ·  $\frac{1}{2}$  level  
 teaspoon cream of tartar ·  
 1 oz. lard or vegetable shorten-  
 ing · 1 level tablespoon sugar  
 (optional) ·  $\frac{1}{4}$  pint milk to mix

Roll out the Weetabix to a powder. Sift with the flour, salt, soda and cream of tartar. Rub in the fat and add the sugar. Stir in a generous  $\frac{1}{4}$  pint of milk with a flexible knife. Form into a ball and work just enough to get rid of joins. Roll or pat out  $\frac{1}{2}$  in. thick and stamp into rounds with a cutter 2 to 2 $\frac{1}{2}$  inches in diameter. Place on a greased baking sheet, brush with beaten egg or milk and bake for 12 to 15 minutes in a hot oven (Regulo 7 or 450 degrees Fahr.).

## Chocolate Coated Weetabix

2-3 oz. sweet or milk choco-  
 late · 6 Weetabix

With dessert or milk chocolate you can quickly turn Weetabix into most delicious chocolate coated biscuits. Grate the chocolate and sprinkle it over the Weetabix. Place in a warm (not hot) oven. When the chocolate has melted, spread it over the top of the Weetabix with a warm knife and form peaks with flat side of knife. To save time, place the Weetabix in the oven to warm through while you grate the chocolate, then proceed as above.



## \* Cheesy Weetabix Snack

(for 3 to 4)

6 to 8 Weetabix · 3 to 4 oz.  
grated cheese · 1 tablespoon  
(approx.) top milk · 2 rashers  
rindless bacon, cut into strips ·  
1 sliced tomato · Pepper to  
taste

Fry half the Weetabix on both sides in very little bacon dripping. Mix together the cheese and milk, spread on the Weetabix and add pepper to taste. Top with the bacon and a slice of tomato. Place under a fairly hot grill. Meanwhile, fry the remaining Weetabix. When the cheese is bubbling merrily, place them on top of the others and serve. Garnish with sliced tomatoes and cheese.

## Spanish Cheese

(for 4)

4 wedges Petit Gruyere  
cheese · A few grains of  
Cayenne pepper · 1 teaspoon  
flour · 1 beaten egg ·  $\frac{1}{2}$  cup  
fine Weetabix crumbs

Unwrap the cheese two hours before making, sprinkle with Cayenne pepper. Dust with flour, coat with beaten egg and Weetabix crumbs. Rest for a little, then repeat the egg and crumbs twice. When required, carefully drop into hot fat and cook for 1 to 2 minutes. Place on triangles of toast, garnish with parsley and serve. Note: Every spot of cheese must be coated, if not the cheese will ooze out into the fat.

## \* Maryland Special

*Here is a snack, all the way from  
America, on a base of a Weetabix*

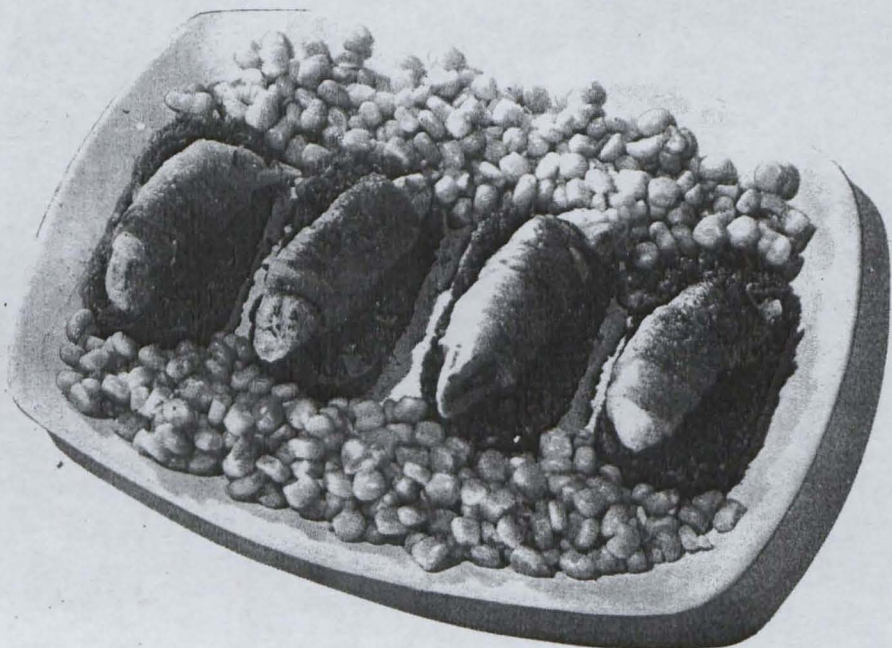
2 oz. margarine · 4 Weetabix ·  
2 peeled bananas · 4 short  
rashers of streaky bacon ·  
1 chopped tiny onion · 1 tea-  
spoon Weetabix Perfect Plain  
Flour · Tiny pinch of grated  
nutmeg ·  $\frac{1}{4}$  pint milk · 1 small  
tin dry kernel corn

Melt  $\frac{1}{2}$  margarine, dip in Weetabix, keep hot. Wrap bacon round halved bananas and skewer them. Melt remaining margarine and cook chopped onion till clear. Work in flour and nutmeg, add milk. Cook flour by simmering, add corn. Grill banana rolls. Place on Weetabix, garnish with corn. If liked, sprinkle with paprika or finely chopped parsley.

## Weetabix Fish Cakes

1 lb. cooked white fish · 1  
tablespoon chopped parsley ·  
1 teacup medium thin white  
sauce ·  $\frac{1}{2}$  teaspoon curry-  
powder · 1 breakfast cup  
mashed potatoes · 6 crushed  
Weetabix · Pepper and salt ·  
1 beaten egg

Flake the fish and well beat it up with the parsley, white sauce and curry-powder. Work in the mashed potatoes. Crumble 4 Weetabix biscuits and work these into mixture. Add seasoning to taste. Divide into portions of 4-5 oz. and form into cakes. Dip the fish cakes into the beaten egg and remaining crushed Weetabix. Fry to a golden brown on both sides. Garnish with sprigs of parsley.



The great dinners of the ancient Irish were in some ways strictly formal affairs. Above all the rules of priority had to be observed and the arranging of guests in order of importance was a most delicate matter. Grave trouble might result if a guest were given the wrong position.

The people were divided into three main classes for a start. First were the lords of territories, then the commanders of the regular army, and finally the "ollaves" or learned men — roughly Ph.D. and over.

The banqueting hall was generally a long, narrow building with all the tables arranged along the side walls. One side was occupied by the lords of territories, the other by the commanders. The upper end was reserved for the ollaves and the lower end was occupied by dependents and hangers-on — always present in large numbers.

Just before the beginning of the feast all persons except three withdrew from the hall. The three were a shanachide or story-teller who was an expert on the necessary protocol, a marshal to regulate the order and a trumpeter to summon the various groups of guests.

Meat seemed to form the greater part of the important feasts. There is little mention of vegetables, and particular cuts of the meat were provided for the various social ranks.

The thigh was given to a king or a poet; the chine went to a great sage; a leg to a young lord. The charioteers seem to have fed exclusively on heads, while queens were regaled with haunches. The tradition of giving certain cuts to certain people seems to have lingered in some parts of Celtic lands until within the last hundred years or so.

At some times at least, a special champion's portion was set aside for the bravest hero present. This was not necessarily all to be eaten at the time as is quite clear from the description of the champion's portion provided by Bricriu at his feast for the men of Ulster. This was something worth having and consisted of a vat of good wine with room enough in it to hold three of the men of Ulster; with that a seven-year old boar that had been fed since it was born on no other thing but fresh milk; and fine meal in spring time.

any

At breakfast, with hot or cold milk, a crispy crunchy source of energy.

time's

Make a mid-morning snack of delicious Weetabix Savories — the FREE Weetabix Recipe Book\* tells you how to make them.

**Weetabix**

As a tea-time treat for children, serve Weetabix coated with chocolate — Weetabix Chocolate Biscuits.

time

Easy-to-make Weetabix savouries from the Weetabix Recipe Book\* are favourites with all the family at supper-time.



\* SEND THIS COUPON FOR FREE RECIPE BOOKLET

To Mrs. Marjorie Crisp,  
Dept. G.C1, Weetabix Ltd., Weetabix Mills,  
Burton Latimer, Nr. Kettering, Northants.

Please send me a copy of the Weetabix Recipe Booklet:

Name .....

Address .....

Town ..... County .....

# INDIAN FOOD

★ ★ ★

## Malay Curry

- |                                      |                                                 |
|--------------------------------------|-------------------------------------------------|
| 1 to 2 lbs. stewing beef rochicken   | 3 or 4 ground cardamoms                         |
| 4 teaspoons ground onion             | 3 or 4 pieces cinnamon stick (2 tea-<br>spoons) |
| 1 teaspoon ground turmeric           | 1 teaspoon salt                                 |
| 1 teaspoon chillies, cut lengthways  | 2 oz. butter or margarine                       |
| $\frac{1}{2}$ teaspoon ground ginger | 2 breakfast cups coconut milk                   |
| A little ground garlic               |                                                 |
| 3 or 4 cloves                        |                                                 |

Brown all the condiments in butter or margarine and add the meat divided into small pieces and cook till meat is golden brown; then add peeled and diced cucumber. The coconut milk is made as follows: pour boiling water over  $\frac{1}{4}$  lb. of freshly ground coconut (or desiccated coconut) and allow it to stand for at least half-an-hour; strain and use the milk thus obtained. Finally add the coconut milk and simmer gently for at least 40 minutes. Serve with rice and/or chutneys.

## Madras Curry

- |                                |                            |
|--------------------------------|----------------------------|
| 1 cucumber                     | 1 teaspoon coriander seed  |
| 2 lbs. mutton                  | 1 dessertspoonful turmeric |
| 1 large onion                  | 3 cloves                   |
| 2 tablespoons fat or margarine | 1 teaspoon ginger          |
| 2 cloves of garlic             | 2 chillies                 |
| 4 green chillies               | Seeds of 2 cardamoms       |

Fry onion in fat, add garlic and chillies, and then curry condiments as follows: coriander seed, turmeric, cloves, ginger, chillies and seeds of cardomoms. Fry this for a few minutes then add cut-up meat and fry it for five minutes; add sufficient water to adequately cover and simmer gently for at least an hour till meat is tender and the liquid greatly reduced. Serve with rice.

## Chicken or Mutton Dopiaza Curry

- |                            |                                      |
|----------------------------|--------------------------------------|
| 1 chicken or 2 lbs. mutton | $\frac{1}{2}$ teaspoon ground ginger |
| 3 oz. butter or margarine  | $\frac{1}{2}$ teaspoon ground garlic |
| 4 teaspoons ground onion   | 12 small onions, chopped             |
| 1 teaspoon ground turmeric | 1 teaspoon salt                      |
| 1 teaspoon ground chillies | 1 cup of water                       |

Fry sliced onions in hot butter or margarine and when golden brown remove from pan. Add all the condiments and mix thoroughly, then add the chicken divided into pieces (or the mutton cut into pieces) and fry to a rich brown. Now add the previously fried onions and the cup of hot water; simmer for an hour or more till chicken or meat is tender and greatly reduced. Serve with rice.

## Tomato Chutney — A Daily Chutney

- |                            |                     |
|----------------------------|---------------------|
| $\frac{1}{2}$ lb. tomatoes | Salt and red pepper |
| $\frac{1}{2}$ lb. onions   | Parsley             |
| Garlic                     | Vinegar             |

Peel and cut tomatoes into cubes and mix with half the quantity of peeled and chopped onions, a little garlic, salt, red pepper and a small quantity of chopped parsley. Add a dessertspoonful of vinegar. This chutney is not cooked and should be used the day it is made.

## Puppodums

Puppodums are one of the various Indian breads. They are made from soaked, strained and pounded black gram. Chilli powder, asafoetida, pepper and salt are added to taste and it is made into a stiff dough. It is then rolled out thinly to the size of tea saucers. It is dried in the sun and kept in airtight containers. It is also factory-made and can be bought in many shops in Ireland.



## Chef's Choice

Mahmoud Butt, Proprietor, The Golden  
Orient Restaurant, Leeson Street, Dublin

### LAMB AND VEGETABLE CURRY (*Subzi Gosht*)

The sub-continent of India is a great land; not least of its gifts to mankind is the art of cookery. The Indian cooks spend a great deal more time than is generally supposed to achieve perfection — it follows that in Indian kitchens there are no short cuts.

In the cooking of curries a great number of variations occur from district to district all over India. I shall, in this article, confine my remarks to a curry of the type prepared in the Punjab, Central India.

Curry is a delectable preparation made from various meats, including poultry, game and fish etc., or a variety of vegetables.

In principle, seasoning and spices are cooked together with any of the aforementioned ingredients, usually in clarified butter or vegetable oil, whereupon a blend of extraordinarily fine quality is achieved.

The spices used are of both culinary and pharmaceutical value.

Boiled or fried rice and chappatis (a type of unleavened bread) are always served with a curry.

It is not correct to say that a curry should be so highly peppered as to lick one's gastronomic organs like a flame — the greatest appreciation is achieved from the smooth spicy flavours and the inviting aroma that a truly well-blended curry imparts.

It has often been suggested to me in Europe that cold left-over meats are used by the housewife to make curry — in India this would be frowned upon.

The following notes should help in preparing a good curry.

- 2 lbs. mutton
- $\frac{3}{4}$  lb. each of cleaned turnips and carrots, diced
- 1 large onion, sliced very fine
- 2 tablespoons butter or substitute
- 4 cloves garlic
- 1 heaped teaspoon turmeric
- $1\frac{1}{2}$  in. green giner
- 1 heaped teaspoon corrianda
- Pinch of black pepper
- 4 Zanzibar cloves
- $\frac{1}{2}$  pint curds or yoghurt
- Chilli pepper to taste (about 1 level teaspoon)

Fry onions in the butter until golden brown, add meat and fry on fairly high heat, adding every few moments a few ounces of hot water (to prevent the contents burning), and resulting in a smooth sauce and meat pieces; add spices and cook further until the meat is three-quarters cooked. Add vegetables and yoghurt or curds and simmer with the lid on until both meat and vegetables are tender.

Serve in a dish with a separate dish of boiled rice and an abundant variety of relishes such as chutney, pickles, etc.



# Memo'

must see the

## *Ideal Homes Exhibition*

**CITY HALL, CORK**  
**APRIL 23RD. - MAY 3RD.**

\* \* \*

*Cookery Demonstrations*

*Do-it-yourself Demonstrations*

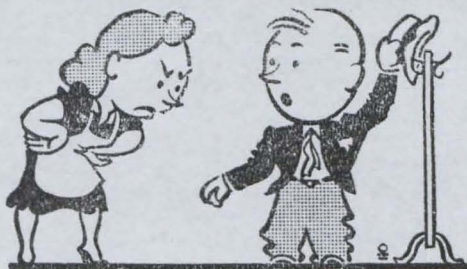
*Model Kitchen*

*Theatre of Fashion*

*Glamorous Fashion Shows*

*Free Entry Fashion Competitions*

# Whiskey Galore



Whiskey is to Ireland what wine is to the Continentals. I suppose that is because we have been making it longer and more successfully than any other nation apart from the Scots, and since they are our first cousins, as it were, we can claim all the credit for the family. The word "whiskey" is one of the very few Gaelic words to acquire English naturalisation and through English it has found its way into many other languages as well. "Uisge," pronounced "whiskey" is the Gaelic word for water, and it was the expression "uisge beatha" — aqua vitae or water of life — which the Irish gave to all spiritous beverages.

We seem to have been really hard drinkers in the old days before successive Finance Ministers decided to transmute the golden liquid into golden guineas. Most people are well aware that when they buy the ordinary five naggin bottle of whiskey they are paying a substantial tax to the exchequer, but I wonder if they know just how substantial it is — actually it is 22/3. Nowadays when we have to do all we can to increase our export market we find that good Irish whiskey could be one of our biggest dollar earners. To build up an export market, however, it is essential that an industry should have a reasonably sized home market as a base. With the duty at its present level for the last six years distillers fear a contracting market. All-out efforts are being made to sell more in the United States and I am very pleased to see that Messrs. Gilbey's enterprise in introducing their new Crock of Gold blend is becoming ever more successful as a dollar earner.

A great deal of thought and experiment by this very experienced firm has gone into the creation of Crock of Gold. It is a lightly blended whiskey, partly liqueur, which the Americans especially have gone for in a big way, and big orders continue to pour in particularly from the areas along the Western Seaboard. This blend has also made a ready appeal in Ireland. Most people here do not drink wine with their lunch because of its soporific effect, and the ordinary type of whiskey has the same result. More and more business executives and others who have to keep wide awake during the afternoon are finding this lighter blend a real blessing. It answers the need for a stimulant between the two halves of the working day while at the same time not interfering with business. It has a smooth, expensive taste though by no means in the expensive range, and for those of us who enjoy good food there are few more satisfying things than to round off a meal with a glass or two of good liqueur whiskey. Culinarily we have come a long way since the Jacobite general here pined for a sight of Paris, and a meal of pheasant and champagne "after all this fiery whiskey." To-day Irish whiskey stands as high in Paris as good French wines do everywhere.

# Donnelly's

the sausage  
worthy of  
great cooking . . .

## Donnelly Frankfurter

This is a great sausage, and it deserves great cooking! Like the excellent frankfurter it is, it has all the smoky, juicy, meaty succulence and flavour you'd expect. For connoisseurs of cooking and for gourmets, Donnelly's frankfurter has opened a new horizon of delicious dishes. Ask your grocer to-day, you'll be so glad that you did!

MADE BY DONNELLYS. DUBLIN, LTD.,  
BACON CURERS, DUBLIN.

# SAVOURIES



*1 tin of sardines*  
*Equal quantity butter or margarine*  
*Salt and pepper*  
*A few cooked soft roes (optional)*

## Sardine Butter

Remove any bones from sardines and pound fish with the butter or margarine; add salt and pepper. Serve on toast. Sardine Butter should be the consistency of butter on a cold day, and may be kept for several days in a fridge.



*Small raw carrots*  
*Celery heart*  
*A little cream*  
*Pepper and salt*  
*A little mustard*

## Carrot Spread

Grate carrot and celery. Whip cream stiffly, adding a little mustard to the cream. Mix raw grated vegetables in the cream in the proportion of half cream and half combined vegetables. Season with pepper and salt. Serve on cold toast or rolls.



*Toast cut in rounds*  
*4 oz. butter or margarine*  
*2 oz. Gruyere cheese*  
*2 oz Parmesan cheese*  
*1 dessertspoonful cream*  
*Salt and cayenne pepper*  
*Continental cooked sausage*

## City Toast

Mix together the butter or margarine and the cheeses grated (leaving some slices of Gruyere), add the cream, salt and Cayenne. Cover toast with mixture. Cover this with two half-discs of Continental cooked sausage which, when put together are equal in circumference to the rounds of toast. Half-discs respectively Continental sausage and slices of Gruyere, both very thin.



*Cooked beetroot*  
*Cooking fat or butter*  
*Salt and pepper*  
*A little grated lemon rind*  
*Teaspoonful of wine vinegar*  
*Hot buttered toast*

## Beetroot Toast

Cut up cooked beetroot thinly and fry in hot fat till well heated; remove from pan and drain. Season with salt and a little grated lemon rind and pour over a teaspoon of wine vinegar. Arrange slices of beetroot on hot buttered toast and serve immediately.

# Corner House

Donnybrook

Phone: 682054

**Selections  
from our  
Various Depts.**

Pate Foigrass  
Pimentoes  
French Pastries  
Section Honey  
Pork Fillets  
Vegetables  
Fresh Fruit  
Servelat  
Ice Cream  
Oriental Spices  
Frozen Fish  
Camenbert  
Russian Salad  
Salami  
Liver Pate

*offers you*

all the ingredients to prepare an  
exquisite dinner for the connoisseur,  
or a perfect simple lunch.

**DAILY DELIVERIES**

to Donnybrook and vicinity . . .

Ballsbridge **Mt. Merrion**

Green Split Peas : Tomato Purre : Cereals : Scampi  
Prawns : Olives : Fish Sticks : Chutneys etc.

# ITALIAN DESSERTS



\*

## Monte Bianco

Split chestnuts at pointed ends and put in a saucepan; cover with cold water and bring to boil. Take them out of the water and skin them. Then put them into a saucepan with a sprinkling of castor sugar, vanilla pod and sufficient cold milk to cover them well. Bring to boil, cover and reduce heat to a simmer and continue simmering till soft. Take out of the milk and put through a Moulinette; add remainder of sugar and half of the whipped cream and brandy or Marsala. Pile into a mould and keep cool till ready to serve. Just before serving put some whipped cream on top. The milk in which the chestnuts were cooked could be kept and used in a pudding, perhaps a rice pudding.

- 1 lb. *sweet chestnuts*
- $\frac{1}{2}$  pint *milk*
- $\frac{1}{4}$  pint *cream*
- 1 dessertspoonful *brandy or*  
*Marsala*
- 4 or 5 *tablespoons castor sugar*
- 1 *vanilla pod*

\*

\*

\*

## Nesselrode Pudding

Cook chestnuts as in above recipe. Prepare the custard (*Crème Anglaise*) as described in the following recipe. Add the sieved chestnuts to the custard and mix in the raisins, currants, candied peel and glace cherries. Add whipped cream flavoured with Maraschino. Put in a mould and freeze lightly or let it stand in a cool place for five to six hours.

Put yolks of eggs in a saucepan and beat to a cream with half-a-pound of sugar and add gradually half-a-pint of boiling milk flavoured to taste with vanilla or lemon. Stir over a slow fire till mixture begins to thicken and coats the spoon. Do not allow to boil or the mixture will curdle. If desired gelatine may be added to the milk before it is boiled.

- $\frac{1}{2}$  lb. *cooked chestnuts*
- 2 pints *custard (Crème Anglaise)*
- 2 oz. *chopped raisins*
- 2 oz. *chopped currants*
- A few *glacé cherries*
- $\frac{1}{2}$  pint *whipped cream*
- 1 *teaspoon Maraschino*
- 4 *egg yolks*
- $\frac{1}{2}$  lb *sugar*
- $\frac{1}{2}$  pint *boiling water*
- $\frac{1}{2}$  oz. *leaf gelatine (optional)*

\*

\*

\*

## Zabione

Beat yolks and sugar till frothy and almost white. Add wine, mix thoroughly in a double boiler and beat continuously till it thickens. As soon as it begins to rise remove from the fire. Serve in warm glasses. Eat with a spoon.

- Yolks of 2 eggs*
- $1\frac{1}{2}$  oz. *sugar*
- $\frac{1}{2}$  gill of *Marsala*

You Can do Your Cooking in

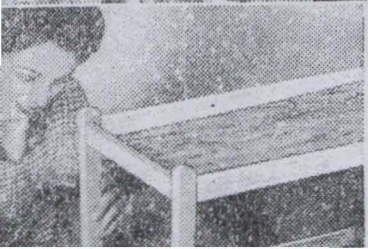
# A BRIGHT MODERN KITCHEN



IT'S SO EASY WITH

# MARLEYFILM

## The Vinyl Asbestos Wonder Surface



MARLEYFILM is the revolutionary surfacing material that costs so little. You can fix it easily to table-tops, shelves or wherever you need a smooth, hygienic, permanently beautiful surface. It can be cut to size with ordinary scissors. It's flexible too — so flexible that you can bend it round the edge of your table and even mould it to the grooves of your draining board. And remember, Marleyfilm is quiet and kind to your crockery. Cutlery doesn't clatter on it, plates won't slide about, and the delightfully patterned surface, available in seven clear bright colours, is cool to the touch, and grease and stain resistant. Marleyfilm is available all over Ireland; ask your local stockist to-day for full details. Only 3/8 per foot — 36 ins. wide.

Use Marleyfilm — It's asbestos filled — for long life and



- 6 dessert peaches, not too ripe
- 4 small sponge cakes
- 2 oz. sweet almonds
- 1 strip candied peel, lemon or orange

Sugar

Half glass of white wine

### Stuffed Peaches

Cut peaches in half, remove stone and a little of the pulp to make room for the stuffing. Pound the almonds with a little sugar, add peach pulp, finely chopped candied peel and mashed sponge cake. Fill the peaches with this mixture and put them together so that they look whole again. Put on a baking dish, pour over the wine and sprinkle freely with sugar and cook in a moderate oven for about ten minutes or until the sugar has formed a crust over them. Serve hot or cold, with whipped cream.



- 3 large tomatoes
- 1 tablespoon olive oil
- 2 Medium sized onions
- 1½ tablespoons butter or margarine
- A little rosemary
- 6 or 8 fillets of anchovies
- 5 or 6 ripe black olives
- 1 tablespoon grated Parmesan cheese
- ½ lb. of pastry.

### Pissalidiere

Peel the tomatoes and pass them through the Moulinette. Heat oil, add tomatoes and let them reduce till their natural water has been evaporated. Mix them well so that they form a paste.

Peel and cook the onions in butter or margarine till soft and slightly coloured. Have ready a pie tin lined with pastry ¼-inch thick. Sprinkle the pastry shell with grated Parmesan; add cooked onions and sprinkling of rosemary. Cover top with cooked reduced tomatoes. Arrange anchovies in a lattice effect and put a ripe stoned olive in the centre of each square. Bake in a moderate oven till the crust is golden brown. Serve hot.



- Tomatoes
- Anchovies
- Italian salami
- Capers
- Breadcrumbs
- Oil, salt and pepper

### Stuffed Tomatoes

Cut the top off each tomato and remove pulp with a spoon. Chop up equal quantities of anchovies salami, capers and breadcrumbs; moisten with a little oil and season with salt and pepper. Stuff each tomato with this mixture and sprinkle with breadcrumbs; pour a little oil over each tomato, put on a buttered dish and bake in a moderate oven for 25 minutes. Serve hot.



# Lenten Menu Suggestions

★

1 lb. cod  
1 lb. potatoes  
2 tablespoons butter or margarine  
Pepper and salt  
2 eggs  
Parsley

## Cod Fish Cakes

If using salt cod, soak overnight in cold water. Shred fish into small pieces, cut up potatoes into small pieces also and poach in water just off the boil (sufficient water to adequately cover). When potatoes and fish are cooked, strain and place in a warm oven for a few minutes to dry out. Then mash potatoes and fish, add butter and seasoning, parsley and lightly-beaten yolks of eggs, adding lastly the stiffly-beaten whites. Form into cakes and fry without flour or breadcrumbs in boiling fat. These cakes swell up in the cooking. Serve with a well-flavoured sauce such as tomato or Sauce Diable.

★

★

★

1 onion  
1 potato  
Salt and pepper  
Pinch of curry powder  
Margarine or butter  
A little flour  
Strained fish stock  
1 tablespoon cream

## Fish Soup

Peel and chop up roughly the onion and the potato and cook in margarine or butter with salt, pepper and a pinch of curry powder with the lid on so that they soften without browning. If a thick soup is desired, sprinkle a little flour over them and cook for a few minutes without browning. Now add by degrees the strained fish stock, making the soup is the desired consistency.

★

★

★

2 tablespoons wine vinegar  
(white)  
Yolks of 2 eggs  
 $\frac{1}{2}$  lb. butter or margarine  
1 dessertspoonful cold water

## Sauce Hollandaise

Reduce vinegar by two-thirds over direct heat, adding salt and pepper. Then au bain marie (double boiler); when vinegar is cold add one dessertspoonful of cold water. Drape side of saucepan with tiny nuts of butter and put a small quantity in the mixture. Beat, and cook over hot water till it thickens, adding remainder of butter gradually. Serve immediately. If it curdles it can be retrieved by adding a few drops of cold water.

Superb with fish cooked in wine and spice stock, turbot or brill.

★

★

★

1 or more oranges  
1 or more onions  
Stoned black olives  
Salt  
Red pepper  
Olive oil

## Munkaczina

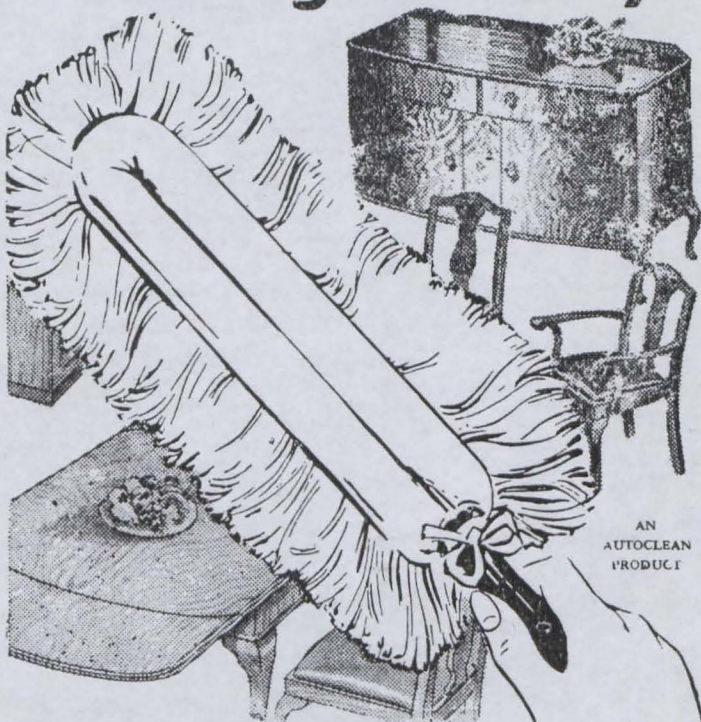
Cut oranges crossways, peel and remove pips and the white from the centres. Arrange a bed of slices of orange on a dish and cover with finely chopped onions, and on the onions put a layer of stoned black olives. Sprinkle with red pepper and olive oil.

THE DUST-ABSORBING POLISHER

# NENETTE

REGD.

## cleans and polishes in one go—easily!



AN  
AUTOCLEAN  
PRODUCT

Once over with a NENETTE—and you've dusted, cleaned and polished your furniture, beautifully. No hard rubbing. No separate polish. No flying dust. And no soiling of hands or clothes. Housework's lighter for you, brighter for you, with this modern labour-saver. **GET A NENETTE TO-DAY.**

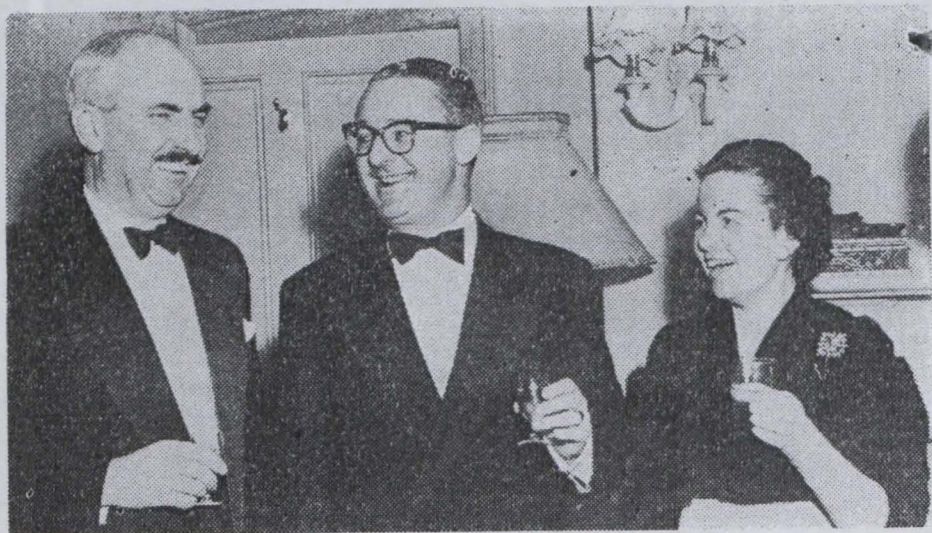
**NENETTE Home Model with short handle. 13/9**



**MOTORISTS!** Just glide the NENETTE Car Model across that dirty mud-caked surface and leave it spotlessly clean, with a showroom shine—chrome, cellulose and all. No water. No work. No scratches. **13/9**

**FROM STORES, IRONMONGERS AND GARAGES EVERYWHERE**

Manufactured and Distributed in Republic of Ireland by Red Rose



*Dr. P. McNally, President, Irish Food and Wine Society (second from left), chatting with Mr. D. Lindsay and Mrs. McNally at the Society's dinner held at Haddington House Hotel, Dun Laoghaire.*

Th forty-fifth meeting of the Wine and Food Society was held in Haddington House, Dun Laoghaire, on Thursday, 13th February, at 8 p.m. We reprint the menu, as we feel sure it will be of interest to our readers.

## MENU

Galway Bay Oysters

or

Ham and Asparagus Tips

Sherry Consomme

Grilled Salmon Steak Maitre d'Hotel

Whole Roast Poissin Grandmere

Buttered Celery Hearts

Duchesse Potatoes

Fresh Peaches and Cream

Caerphilly

Stilton

Gruyere

Coffee

Chablis

Romanee St. Vincent 1952

(Louis Latour)

Published by "Good Cooking,"  
39 Fitzwilliam Place, Dublin.  
Phone 63267

Design and Layout by Ian O'Casey.

Typesetting by Typecraft,  
103 Middle Abbey Street, Dublin

Printed by The Pearl Printing Works.

Use WINE  
*in your*  
COOKING



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. We can also supply such essentials as French Vierge Olive Oil and White Wine Vinegar. Housewives should know that our long experience is their to call upon at 36 Dawson Street, and may we suggest that you keep our Wine List (available for the asking) in a convenient place in the kitchen?

THE HOUSE OF MORGAN

36 DAWSON STREET DUBLIN