
Good Cooking

1958-07-01

Good Cooking, vol. 01, no. 07, July, 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. 07, July, 1958" (1958). *Good Cooking*. 7.
<https://arrow.tudublin.ie/culmag/7>

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, arrow.admin@tudublin.ie, 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/)

IRELAND'S FOOD MONTHLY



Good Food
and
Better Cooking



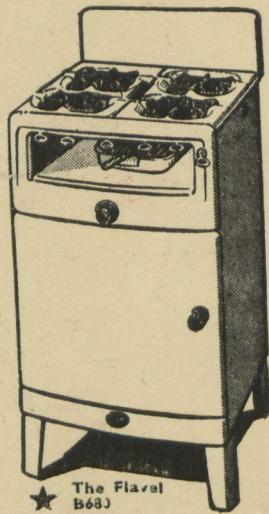
JULY 1958

One Shilling

COOK WITH . . .

'CALOR' ^{REGD.} GAS

Clean, non-poisonous, quick, economical 'Calor' Gas keeps cooking costs to a minimum. Your 'Calor' Gas dealer is conveniently near, to show you all the smart, keenly-priced 'Calor' Gas Cookers — to supply you with instant refills — to provide free maintenance service for all 'Calor' Gas household appliances. 'Calor' Gas dealer service, like 'Calor' Gas cooker value, is unsurpassed.



THIS SUPERB FAMILY SIZE COOKER — EXCLUSIVE TO 'CALOR' GAS

Complete with two cylinders, pressure regulator and enough 'Calor' gas for approximately two months, completely installed in your home for the price of only

Deposit
£3-10-0
Cash Price £34 10

* Four fast-boiling hotplate burners with safety-lock taps, high-speed grill, exceptionally large oven with thermostatic control, easy-to-clean splash-plate, finished throughout in pearl-grey, mottled stain-resisting enamel.

*Consult your local 'Calor' Gas Dealer now
or write direct to:—*

CALOR GAS IRELAND LTD., BANNOW ROAD, CABRA WEST, DUBLIN

'CALOR'^{REGD.} GAS

for

SERVICE



No matter where you live you will find a 'Calor' Gas authorised dealer conveniently near — there are over 350 throughout the country.

This service organisation ensures that you need never be without 'Calor' Gas, every dealer being trained in installation and maintenance and carrying stock of 'Calor' Gas at all times.

For trouble-free Cooking, Heating, Lighting, etc., insist on 'Calor' Gas.

Write now for illustrated list of appliances and name of your local dealer to :—

CALOR GAS IRELAND LTD., BANNOW ROAD, CABRA WEST, DUBLIN

COOK

FASTER

with



BLACK BASE UTENSILS

Here they are! Your dream kitchen utensils—ultra modern in styling and gleaming in their polished finish Aluminium. They're 'Castle' black based utensils and because they absorb heat faster they'll save you 10% on cooking time and fuel on any type of cooker. Insist on seeing them at your hardware merchants.

Shiny surfaces tend to deflect heat rays. With the 'Castle' anodised black base the rays are absorbed direct. Thus no heat is lost.



CASTLE

DOMESTIC ALUMINIUM HOLLOWARE

Products of The Irish Aluminium Co. Ltd., Nenagh.

Manufacturers of all types of Household utensils including $\frac{1}{4}$ inch machine base utensils for hotplate cooking.

Good Food

and

Better Cooking

No. 7

Vol. I

JULY

1958

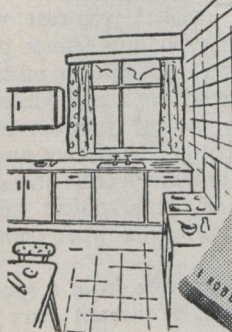
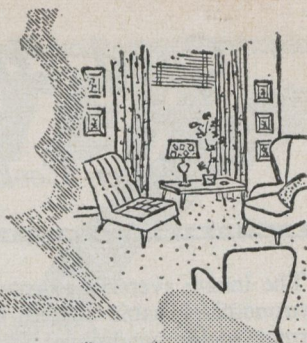
Grandfathers Beware!

The innate aversion to consuming certain foods seems to be an historical gastronomical habit shared by most civilised countries during times of normal social conditions. It is easy to understand a logical reason for this aversion should the food in question either be prepared from ingredients which are considered unclean or cooked under conditions which are repugnant to our ideas of food preparation. The above generalisation is however, full of obvious anomalies; delicious Bayonne ham comes from the ubiquitous and usually non-hygienic pig, while snails must be some of the cleanest creatures on this earth. In marked contrast we are prepared to relish the farmyard hen whose dietary habits cannot possibly be condoned. When it comes to preparation it is difficult to understand how we are prepared to use a fat from domestic animals while being appalled at the use of whale oil which is a natural product of high nutritive value much used in the production of better margarines and some of the proprietary cooking fats. To show that our gastronomic inclinations are conditioned mightily by social environment, geographical necessity and other extraneous factors, it is fascinating to consider what constitutes good cooking in other countries and ages.

In the sub-continent of India the delicious stew made from a species of local white rat is considered *de rigueur* in smart cocktail bars as an accompaniment to a long cool drink. Further East among the great delicacies of Chinese cooking is the mid-morning snack of baby mice dipped in honey and eaten raw, later in the day after this toothsome hors d'oeuvre lunch may well consist of day old chicks followed by a light purée of monkey brains. In the Middle East the appetite of those living in the wilderness of the Sinai desert can be assuaged with locusts, a food mentioned in the Bible and consumed since immemorial time. The idea of eating "mummy" octopus is apt to create a gastronomic Oedipus complex even though it is alleged that this fish tastes like young spring chicken, apart from its psychotic associations it is greatly prized by the Mediterranean peoples. During the Second World War it was not unknown for the common grey rat to provide a welcome addition to other meagre rations; it has been said that it tastes rather like snipe and is quite pleasant eating when stuffed and roasted.

Now Dear Reader before considering the cancellation of your subscription to "Good Cooking" be assured that none of the above dishes will be demonstrated when our lectures resume in the Autumn. We would like to leave you with the profound thought that during the siege of Paris of 1870 it was written that poodle was a prize to be relished; however even under these unusual circumstances we find it difficult to believe that the citizens of that beleaguered city implemented the French proverb which says that you can enjoy eating even your own grandfather provided he is properly cooked and embellished with a savoury sauce. After this short dissertation on unusual foods your editor now removes his tongue from his cheek in order to have a lunch of roast beef and Yorkshire 'pud'.

The press-button
way to a
FLY-FREE
house!



Cooper's aerosol FLY-KILLER is deadly to flies and wasps but harmless to you. Only 5/6 per tin.

COOPER

instant action AEROSOLS



KILL MOTHS
with Cooper's
MOTH-PROOFER. Only
5/6 per tin.



KILL ODOURS
in the house with
Cooper's FRESH-AIRE.
5/6 per tin.



KILL WOODWORM
with Cooper's
WOODWORM KILLER.
Only 5/6 per tin.

To Say Nothing of the Sorbet

by JULIA MONKS

When younger-generation would-be *gourmets* begin airily to display their knowledge of Good Cooking, I usually manage to stump them with the question: What is a *Sorbet*? And, if that doesn't lay them flat, I'll ask imperiously (maybe unfairly): What is a *Remove*?

Almost any French-English dictionary will define *Sorbet* as 'a water ice,' and leave it there. But the *Sorbet* was much more than that: it was the colon or semi-colon in precisely the middle of almost any 19th-century banquet. Actually, *Sorbets* were *de Rigueur* at any outsize banquet up till the late 1920's—in London places to be sure of a *sorbet* were: Romano's, the Holborn, the Connaught Rooms, Gatti's, the Hotel Cecil and the Trocadero.

The disappearance of the *Sorbet* meant the end of an era—the era of eating and cooking on the heroic scale which had prevailed in England (and elsewhere) for almost two hundred and fifty years. Food and cooking have never been the same since, whether you regret it or don't. For besides being a colon or a semi-colon in the middle of a serious meal, the *Sorbet* was meant not only as a pause for reflection on what had gone before but as a breathing-space to contemplate in anticipation what was still to come. That is why with the *Sorbet* one was permitted to smoke a cigarette. An innovation which must have shocked many Victorian diners-out. (Which suggests that the *Sorbet* itself cannot have been more antique than the 1840's).

The days of the *Sorbet* and of heroic gourmandising are gone, never to return. Two World Wars, with their spiralling cost-of-living and lowered standards of living have seen to that. Probably the last relic of those gargantuan days to remain is the word *entrée* which still clings to our restaurant-menus and indicated such light fare as lamb-and mutton-and even pork-cutlets. (A 'Remove or a 'Relévé' was a dish, always piping hot, like soup or saddle of mutton or haunch of venison, which, unlike most of the other dishes, was brought to the table and taken from it, after the guests have had their share).

What were these fabulous feasts of the 19th-century like in terms of—shall I say?—entertainment? In spite of our fond imaginings, they can't have been much fun. And I mean fun. As James Laver has been careful to gloss: 'It is small wonder that there was little conversation, for both host and hostess (and some of the guests too) were kept busy carving. And in such a complicated enterprise so many things might go wrong.'

And what of the wines to go with such a variegated (and often incongruous) variety of dishes? As many as ten different kinds of wine, from Chablis to Sherry, Barsac to Burgundy, Macon to Moselle might be served in their appointed order. But with not-so-finicky hosts the order of the evening was more often: *Champagne throughout!* Is it any wonder that from the early part of the 19th-century England became (and for long remained) a considerably bigger consumer of Champagne than La Belle France herself? (Sometimes there were no fewer than four *entrées*, all of considerable dimensions and lavishly tricked out!)

Wars have always had a sharp impact on eating-habits, and the Crimean war was no exception. (Even Ancient Greek eating-and-drinking, we may be sure, was affected by the Trojan War!). Immediately following the Crimean War — or during it, rather — two diametrically-opposed methods of serving elaborate dinners, French and Russian, came into conflict in hidebound Victorian England. As Jules Gouffé put it in his *Royal Cookery Book*:

‘There have been endless discussions as to the relative merits of the two systems of serving: named, rather arbitrarily, the one *à la Française*, the other *à la Russe*. The first consists in setting the whole of a course on the table at once, taking each dish off to serve it; in the second mode, the dishes are brought to table already cut up, which makes it difficult to present them otherwise than in fragments.’

While agreeing that ‘both systems have their advantages and disadvantages’, Gouffé put forward an ingenious compromise: ‘Nothing is to prevent putting on the table, to dress and deck it as it should be: first, large cold pieces capable of receiving such great richness of ornamentation, also removes and hot *entrées*, which are generally equal to waiting on the dish-warmers, without deteriorating.’ And he adds:

‘In this way the guests, when they sit down, will not be greeted by a table decked out merely with fruit, *compotes*, bronze articles of *vertu*, vases of flowers, and similar objects, little nourishing in character, and unlikely to add as appetisers, so as to ensure justice being done to the dinner about to follow. Neither will there be any objection to merely sending round the cut-up dishes which require immediate eating, without seeking to use them for show purposes. By these means the dinner will be sooner and more easily served, and ample time will be obtained to carve the large dishes properly.’

That was in the Eighteen-Seventies. Ten years later a complete change had come over English (and Irish) eating habits. People began to have their meals, even to entertain their friends, in restaurants and hotels, instead of at the long, groaning family-table. And the people who literally ‘created’ the London restaurants were the refugees from the Franco-Prussian war of 1870, one of whom set up the still-famous *Café Royal* in Regent Street. Other Continentals followed—Italians and Germans such as Pagani, the Gatti brothers, and Herr Kettner, the illustrious and industrious. Before the century was out quite ‘respectable’ folk were to be seen dining en famille in foreign restaurants in Soho—even on Sunday evenings!

The era of full-scale dining-out—at the Savoy, the Ritz, the Carlton, Princes’, the Berkeley, the Cecil—had begun. The bottom had fallen out of Victorian eating-customs with a soft, padded thud. And with it disappeared those dainty little *recherché* dinners which usually began with two kinds of soups, went on to two or three different kinds of fish, three or four kinds of *entrées*, to be followed by a Pickwickian joint and brought almost to a conclusion with game, *pâté de foie gras*, lobster, at least two kinds of pudding, and a sharply-spiced savoury! To say nothing of the *Sorbet*.

GERMANY

INTERNATIONAL KITCHEN

PORK SAUSAGES OR FRANKFURTERS, IN BEER (Bratwurst in Bier)

1 <i>tablespoon flour</i>	1 <i>lb. pork sausages or</i>
2 <i>ozs. butter or margarine</i>	<i>frankfurters</i>
<i>Pepper and salt</i>	1 <i>onion</i>
$\frac{1}{2}$ <i>pint brown beer or ale</i>	1 <i>or 2 bayleaves</i>

Pour boiling water over sausages, drain and dry them and brown in $\frac{1}{2}$ oz. butter or margarine, adding the sliced onion, bayleaves, pepper and salt. Add half of the beer or ale, boil quickly and allow to reduce for a few minutes. Then add the rest of the beer or ale, sufficient to cover the sausages, bring to the boil and simmer for 15 minutes. Now remove sausages from liquid, make a roux by melting butter or margarine and adding flour to it, add the liquid gradually, stirring to avoid lumps. Sausages can be replaced in this thickened liquid for a second or two. Serve with a puree of potatoes.

Time—25-30 minutes.

Quantity—4 persons.

LIVER DUMPLINGS (Leberkloesse)

$\frac{1}{2}$ <i>lb. liver, calf's or pig's</i>	2 <i>ozs. butter or margarine</i>
1 <i>tablespoon flour</i>	2 <i>eggs</i>
1 <i>onion, chopped</i>	<i>Grated rind of $\frac{1}{2}$ a lemon</i>
1 <i>teaspoon chopped parsley</i>	1 <i>breakfastcup of breadcrumbs</i>
<i>Nutmeg</i>	<i>Salt and pepper</i>

Wash and dry liver, chop finely (or mince) and mix with it the bread that has been previously soaked in milk and pressed dry in a colander. Add the lemon-rind, onion, parsley and flour. Season with a little nutmeg, salt and pepper and moisten with the beaten eggs. Add eggs by degrees as mixture should not be too wet or it will not adhere together. Form into small balls (about size of small egg) and drop into salted boiling water, cook slowly for about 20 minutes. Serve with the melted butter or margarine poured over them.

Time—30-40 minutes.

Quantity—3-4 persons.

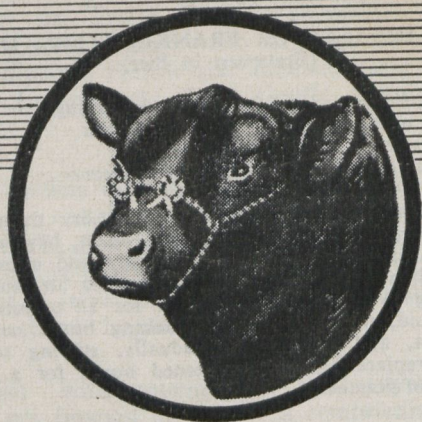
GERMAN GATEAU (Linzertorte)

3 <i>ozs. ground almonds</i>	3 $\frac{1}{2}$ <i>ozs. plain or self-raising</i>
3 <i>ozs. butter or margarine or</i>	<i>flour</i>
<i>instant creaming fat</i>	3 <i>ozs. castor sugar</i>
1 <i>egg</i>	$\frac{1}{8}$ <i>oz. powdered cinnamon</i>
<i>A little milk</i>	<i>Stewed fruit, jam or marmalade</i>

Rub butter, margarine or a instant creaming baking fat into flour, add almonds, sugar and cinnamon and mix to a stiff paste with the well-beaten eggs. Roll, and cut into a round about the size of a dessert plate (approx. 6 inches diam.) put on a greased baking tin, spread centre thickly with stewed fruit, jam or marmalade, leaving about a $\frac{1}{2}$ inch around the edge free. Moisten the edge and put a border around it of the pastry trimmings, put a few strips also across to form a lattice-work. Brush lightly with milk and sprinkle with sugar. Bake in a moderate oven for about 25 minutes.

Time—35 minutes.

Quantity—1 tart.



STEER BRAND

*—in favour
for flavour!*

TRY STEER — Next time you're buying
Corned Beef ask your grocer for STEER. You'll be
delighted with the wonderful flavour — flavour that's
in favour. Choose from the STEER range of quality
preparations for real goodness.

**CORNED BEEF
OX TONGUE • STEWED STEAK
BEEF and GRAVY
CORNED BEEF
with cereal**

ASK FOR THEM BY NAME AT YOUR GROCERS
IRISH MEAT PACKERS LTD. BARNHALL LEIXLIP CO. KILDARE

SAUCES . . .

EGG AND PARSLEY SAUCE

1 heaped tablespoon chopped parsley
1 dessertspoon butter or margarine
2 or 3 drops of lemon juice

1 or 2 hard-boiled eggs
1 dessertspoon flour
Nutmeg
 $\frac{1}{2}$ pint of milk

Melt the butter or margarine in a saucepan, add the flour and allow to cook for a few minutes, add the milk gradually stirring till it thickens, cook very slowly for about 10 minutes. Have ready the hard-boiled eggs, peel them and chop them coarsely. Clean and shake dry the parsley, remove stems and chop very finely. Remove sauce from the heat, flavour with the lemon juice, add the chopped eggs and parsley and serve directly. Serve with fish.

Time—15-20 minutes.

Quantity— $\frac{1}{2}$ pint of sauce.

PRUNE SAUCE (Zwetschen Sauce, German)

$\frac{1}{2}$ lb. of prunes
Juice of 1 lemon
1 glass port or claret

$\frac{1}{2}$ teaspoon of powdered cinnamon
Grated rind of $\frac{1}{2}$ lemon

Simmer prunes in just sufficient cold water to cover them until they are soft. Then remove them from the water, crack the stones with a nut cracker and keep the kernels. Replace prunes and kernels in a saucepan, add the lemon-rind, lemon juice, wine and cinnamon and simmer gently for 10 minutes. Pass through a seive or moulinette when the sauce should be the consistency of thick cream. If necessary dilute with a little water. Serve with any kind of plain pudding.

Time—30 minutes.

Quantity— $\frac{1}{2}$ pint of sauce.

APRICOT SAUCE

3 ozs. castor sugar

$\frac{1}{4}$ lb. dried apricots

Leave apricots overnight in cold water (or soak in boiling water for 15-20 minutes). Stew them gently in the water in which they were soaked adding 2 ozs. of sugar. When soft, about 20 minutes, mash the apricots or pass through a seive or moulinette. Boil together 1 oz. of sugar and 3 tablepoons of water till it thickens a little, thin out the apricot puree with this syrup till it is the consistency of thick pouring cream. Serve hot with a boiled pudding or with ice-cream.

Time—35 minutes.

Quantity—4-6 persons.

MORE PICNIC FOOD

LEMON TARTLETS

$\frac{1}{2}$ lb. short crust or puff pastry
1 lb. sugar
 $\frac{1}{4}$ lb. butter or margarine
3 eggs

Grated rind 2 lemons
Juice of 3 lemons
Finely chopped candied peel

Put sugar, butter or margarine, lemon-rind and the strained lemon juice into a saucepan and stir until the sugar has dissolved. Beat the eggs and add them to the contents of the saucepan, stir and cook till the mixture thickens. Allow to cool. Line either one large pie or little party-pans with the thinly rolled pastry, $\frac{3}{4}$ fill with the preparation, add a few strips of candied peel and bake in a moderate oven for 30-35 minutes, or in the case of small tartlets for about 20 minutes.

Time—45 minutes.

Quantity—6 persons at least.

PARMESAN FINGERS

$\frac{1}{4}$ lb. puff pastry
 $\frac{1}{4}$ lb. grated cheese

Parmesan
Cayenne pepper

Roll out the pastry at least ten times, dusting it and the table or rolling board well with grated Parmesan and a little Cayenne, so that the pastry may absorb as much as possible of these. Then roll it out about $\frac{1}{8}$ of an inch thick and cut into ribbons $\frac{1}{4}$ - $\frac{1}{2}$ inch wide. Place on greased tray and bake in a very hot oven for 5-10 minutes or until they are golden brown in colour.

Time—20 minutes.

Quantity—6-8 persons.

FRANKFURTER ROLLS TO SERVE WITH SOUP

1 lb. frankfurters
 $\frac{1}{2}$ lb. puff or flaky pastry
1 dessertspoon grated
horseradish

1 dessertspoon chopped
spring onion or chives
A little milk

Poach frankfurters in boiling water for 10 minutes. Remove and drain. Split down centre, have ready the grated horseradish and chopped onion or chives. Sprinkle centre with a very small quantity of each and fold together again. Have pastry rolled out very thinly, roll each frankfurter in pastry, adhere joint with water, make one or two incisions on top of pastry, brush with a little milk and bake in a hot oven for 20-25 minutes. Half a roll is quite sufficient with each serving of soup. Cut required length at home to eliminate bother on picnic.

Time—40 minutes.

Quantity—1 lb. of Frankfurters, 16 persons.



SALMON BRETONNE (Saumon Bretonne)

$\frac{1}{2}$ lb. fresh salmon
 $\frac{1}{2}$ oz. butter or margarine
 A little lemon juice

Salt and pepper
 4 or 5 mushrooms

Remove the skin and bones from salmon and cut it into cubes about one inch square, sprinkle them with salt and pepper, add mushrooms cut in slices and toss in butter or margarine for a few minutes. Place contents of pan in an oven-proof dish and put in a moderate oven for about 15 minutes. When cooked take out the fish and mushrooms, drain well. Heat a little butter or margarine to the foaming stage, add a drop or two of lemon juice and pour over the salmon. Serve immediately.

Time—25 minutes.
 Quantity—4 persons.

FILLETTS OF WHITING DORIA (Merlans Doria)

4 fillets of whiting
 $\frac{1}{2}$ oz. butter or margarine
 Sprig of parsley
 $\frac{1}{8}$ pint cream

Salt and pepper
 2 or 3 drops of lemon juice
 $\frac{1}{2}$ a cucumber

Season fillets with salt and pepper and fry in very hot butter or margarine till golden on each side. Remove, squeeze a few drops of lemon juice over them and sprinkle with some roughly chopped parsley. Heat a small nut of butter or margarine and when it is slightly brown and foaming, pour over the fish. Have ready the cucumber prepared as follows—peel the cucumber and cut it into small balls or dice, stew in a very little butter or margarine, tossing from time to time, when soft add the cream, toss the cucumber so that it gets coated with the cream. Serve directly.

Time—25 minutes.
 Quantity—4 persons.

ROLL-MOPS

6-8 salt (not smoked) herrings
 $\frac{1}{2}$ pint of milk
 Salt
 Mustard
 Peppercorns
 Coriander seed

3 or 4 onions
 $1\frac{1}{2}$ pints wine vinegar
 Thyme, parsley and bay leaf
 Cloves
 Garlic, 4-6 cloves
 16 cherry sticks

Wash the salt herrings well and soak them in milk for 3 to 4 hours. Drain well, slice in two and remove as many bones as possible. Dry on a cloth. Sprinkle with salt and rub with a little mustard and place on each a few peppercorns, a sprinkling of coriander seed, and one or two thin slices of onion. Roll them and keep them rolled with a cherry stick. Boil the wine vinegar for five minutes with a sprig of thyme, parsley and bay leaf. Allow to cool. Put the rolled fillets in a jar and over each layer put a little salt, a few peppercorns, a little coriander and a few cloves, and at the top and bottom of the jar put a clove of garlic and a bay leaf. Fill with the cold vinegar, cover and keep in a cool place. They are ready to eat in four days and will keep for several days. Serve as an Hors-d'oeuvre.

Time—preparation 20-25 minutes.



OEUF FLORENTINE

1 egg per person
 1 tablespoon of cooked spinach
 1 dessertspoon cream
 Pinch of nutmeg
 1 dessertspoon butter or
 margarine
 Salt and pepper
 Wine vinegar
 Sauce Mornay

Poach egg or eggs in boiling water, to which has been added a little salt and a drop or two of wine vinegar. Three minutes should be sufficient. Having cooked the spinach as in Vegetable Section, drain and chop it, put it in a saucepan with the butter or margarine, over a low heat, stirring till all moisture has disappeared, then add cream, pepper, salt and a pinch of nutmeg. Put this mixture on the bottom of a small ovenproof dish casserole, place the poached egg on top, and cover with some Sauce Mornay (directions under Sauces). Place under the grill or brown quickly in the oven. Serve directly.

Time—Spinach and sauce about 20 minutes. Egg 3-4 minutes.
 Quantity—1 egg per person or according to appetite.

OEUF MEULEMEESTER (A Belgian Dish)

4 eggs	$\frac{1}{2}$ pint cream
A little parsley	Salt and pepper
French Mustard $\frac{1}{2}$ teaspoon	1 tablespoon grated cheese
4 ozs. shelled prawns	A few nuts butter or margarine

This recipe comes from Bruges.

Boil eggs for 6 to 7 minutes in boiling water. Put them in cold water for 1 or 2 minutes, shell them. Shred the eggs into a bowl and add to them the chopped parsley, a nut of butter or margarine, $\frac{1}{2}$ a teaspoon of French Mustard (directions under Sauces), the prawns, cream salt and pepper. Mix well and pour into a buttered fireproof dish. Sprinkle with grated cheese, dot with a few nuts of butter or margarine, place in a quick oven and cook till the top begins to brown, about 15-20 minutes.

Time—25-30 minutes.
 Quantity—4 persons.

OEUF BROUILLES BUCHERONNE (Scrambled Eggs Bucheronne)

Rounds of toast or fried bread	2 eggs
Round slice of ham, same size	Salt and pepper

Fry or toast round of bread and put in a shallow butter oven-proof dish. On round of bread lay a slice of ham the same size. Cover with beaten and seasoned eggs and bake in a very hot oven for five or six minutes.

Time—5-6 minutes.
 Quantity—2 eggs, one person.

VEGETABLES . . .

SPINACH CROQUETTES

<i>2 lbs. spinach</i>	<i>2 eggs</i>
<i>1 tablespoon butter or margarine</i>	<i>White pepper and paprika</i>
<i>2 tablespoons grated cheese</i>	<i>A little water</i>
<i>2 tablespoons grated onion</i>	<i>Lard or frying fat or</i>
<i>5 tablespoons breadcrumbs</i>	<i>frying oil</i>

Wash spinach carefully, tearing off the mid-rib or stalks, which are useless. The wet torn or shredded leaves are put in a pan, with its lid on, and put on a slow heat. No water is necessary as the spinach will provide all the necessary moisture to cook itself, in a short time. When tender, strain and chop again if necessary. Mix together the spinach, the butter or margarine, the grated cheese, grated raw onion, 4 tablespoons of breadcrumbs and one lightly beaten egg. Season with pepper and paprika. Allow mixture to stand for about 10 minutes. Then shape into balls and roll in breadcrumbs, dip in beaten egg mixed with equal quantities of cold water and fry in deep fat. Excellent served with roasts.

Time—45 minutes.
Quantity—4-6 persons.

NEW POTATOES WITH MINT

<i>2 lbs. new potatoes</i>	<i>Salt</i>
<i>Nut of butter or margarine</i>	<i>Bunch of mint</i>

Scrape the potatoes or if the skins are very thin brush them in water. Put them in a saucepan, with the butter or margarine, put the lid on and cook slowly, shaking from time to time. They should take about 20 minutes (depending on size of potatoes). When cooked, sprinkle with salt and freshly chopped mint and add another small piece of butter or margarine. Shake well. Serve immediately.

Time—25 minutes.
Quantity—4 persons.

CUCUMBERS WITH CREAM

<i>1 cucumber</i>	<i>Lemon juice</i>
<i>Salt and vinegar</i>	<i>1 egg yolk</i>
<i>1 tablespoon flour</i>	<i>1 tablespoon cream</i>
<i>1 tablespoon butter or margarine</i>	<i>$\frac{1}{2}$ pint milk</i>

Peel the cucumber and cut in pieces about two inches long and cook in boiling water to which a little salt and vinegar (wine vinegar) has been added. When soft drain and keep hot. Melt butter or margarine, add flour to it, cook for a few seconds then add the milk gradually, and cook for 10 or 15 minutes, season well, add a few drops of lemon juice and the lightly beaten egg yolk. Just before pouring the sauce over the cucumber, add the cream and a nut of butter or margarine. Serve as an accompaniment to meat or fish, a much neglected and excellent cooked vegetable.

Time—30 minutes.
Quantity—4 persons

MEAT and POULTRY

PORK CHOPS NONTRONNAISE (Cotelettes de Porc Nontronnaise)

<i>4 thin pork chops</i>	<i>3 tablespoons breadcrumbs</i>
<i>Cooking fat</i>	$\frac{1}{2}$ <i>pint hot water or veal stock</i>
<i>Clove of garlic (optional)</i>	<i>1 sour gherkin (2-3 inches long)</i>
<i>A few drops wine vinegar or lemon juice</i>	<i>or 3 or 4 small ones</i>
	<i>Salt and pepper</i>

Have the chops as thin as possible, trim them. Fry them on both sides in hot cooking fat. When nearly cooked add salt and pepper and breadcrumbs (to which a chopped clove of garlic may be added). Fry together for a minute or two, stirring well. By the time the breadcrumbs are browned the chops should be cooked. Then add the hot water or stock, cooking for a few minutes to reduce and thicken. Just before serving add a drop or two of wine vinegar or lemon juice and the chopped gherkin or gherkins.

Time—30-40 minutes.
Quantity—4 persons.

CHILE CON CARNE

<i>1 lb. dark meat of a boiled or roast chicken</i>	<i>6-8 ozs. thick tomato purée</i>
	$\frac{1}{2}$ <i>teaspoon salt</i>
<i>6 red fresh chillies or 6 green bottled chillies and 1 tin</i>	<i>1 large onion</i>
<i>pepper</i>	$\frac{1}{2}$ <i>a bayleaf</i>

Wash and split the red chillies, remove seeds, cover with boiling water and cook slowly till soft in about 15 minutes. Press through a sieve or moulinette. As fresh chillies are only available in Ireland for a very short period I give an alternative method—wash the red pepper, split it and remove the seeds, do likewise with the bottled chillies, cover with boiling water and cook very slowly till soft (as peppers in tins are previously cooked this should only take five or six minutes) and then pass through a sieve or moulinette. Having reached this stage with either method continue as follows—add the tomato purée, the sliced onion, salt and bayleaf, cook slowly for 15 minutes. Cut up the dark meat of a boiled or roast chicken into $\frac{1}{2}$ inch cubes and put it into the sauce. Let this stand over boiling water for 30 minutes (double boiler) till the meat has absorbed some of the sauce. Serve with rice (Patna type, the long rice) cooked in boiling water for 13 minutes, strained and dry and flaky.

Time—About 1 hour.
Quantity—4 persons.

MULACOLONG

<i>1 fowl</i>	<i>3 pints meat stock</i>
<i>1 teaspoon turmeric</i>	<i>1 large onion</i>
<i>1 tablespoon lemon juice</i>	<i>Salt and pepper</i>
<i>Cooking fat</i>	

Cut the fowl in pieces and remove skin, fry in hot fat till well browned, then add the chopped onion and allow it also to brown. Add the stock which should be concentrated together with the turmeric mixed with the lemon juice. Season with salt and pepper. Cover and cook on a moderate heat till the chicken is tender and the stock reduced sufficiently to form a rich gravy. If stock not reduced enough by the time the chicken is cooked, remove lid and cook briskly to reduce sufficiently. Remove chicken and serve with its reduced stock poured over. This is an excellent method of cooking fowl of 'uncertain' age. Young chickens may be cooked the same way but use less stock and reduce cooking time.

Time—1 $\frac{1}{2}$ -1 $\frac{3}{4}$ hours.
Quantity—6 persons.



A good chef will tell you ...

Guinness

goes so well with

food

free

Send for a delightful 16-page book packed with witty verses and copiously illustrated in colour. "Can this be Beeton" can be obtained post-free from Messrs. Arthur Guinness, Son & Co. (Dublin) Ltd., Dept. FB, St. James's Gate, Dublin, W.4.

CHICKEN BROTH WITH VERMICELLI AND CHEESE



- 1 Fowl
- Salt and pepper
- 1 onion
- 4 cups of water (1½ pints)
- Pinch of mace
- 1 tablespoon of vermicelli or other fine pasta
- 1 or 2 carrots
- 1 tablespoon grated cheddar type cheese

Place drawn chicken in pot, add water and other ingredients and simmer slowly till chicken is tender. Then remove fowl, strain broth and allow it to cool and then remove all fat from it. Re-heat, bring to boil, reduce heat, add vermicelli and cook for a few seconds. Serve immediately and hand around the grated cheese separately to be sprinkled individually.

Time—Cooking fowl at least 1½ hours, actual soup about 10 minutes.
Quantity—4-6 persons.

SAVOURY CHEESE PANCAKE

- | | |
|-------------------------------------|-----------------------------------|
| ½ lb. plain flour | ½ pint milk and water (mixed) |
| Pinch of salt | 3 eggs |
| 1 dessertspoonful of rum (optional) | 2 ozs. grated cheddar type cheese |
| 6 or 7 tomatoes | Pepper |

Make batter by sifting flour, adding salt, eggs and if using it, the rum. Now add the warmed milk and water, mixing till the batter is the consistency of thin cream. Allow it to stand for at least one hour. Cook in a heavy pan with just enough fat to cover the bottom of the pan. When fat is hot, pour in three dessertspoonful of batter and cook for a second or two, turn over and cook other side for a second or two also. Roll each pancake and keep warm in a very low oven in a covered dish. In this way the pancakes can be cooked well in advance and kept at least an hour without any detriment as long as the oven heat is very low. Peel tomatoes by pouring boiling water over them and letting them stand in it for a few minutes, the skins will then come off easily. Slice them, pepper well and fry. Serve pancakes rolled with two or three slices of fried tomato on top.

Time—Cooking, about 20 minutes.
Quantity—7-8 pancakes.

It would appear that there are at least 400 different kinds of cheeses in the world, each with its own particular colour, flavour and texture. The truth is that probably accidental modification or changes in one of the steps of the cheesemaking process throughout the centuries actually caused the development of the different varieties. This, in addition to varying bacterial cultures used in fermenting and varying methods or conditions of ripening.

ALSATIAN SALAD (A Main-course Salad)

$\frac{1}{2}$ lb. cooked fish or fowl
2 eating apples
4-6 tomatoes
1 hard-boiled egg
A little mustard powder
Wine vinegar
1 head of lettuce
Anchovies (optional)
4 cooked potatoes
 $\frac{1}{4}$ lb. cooked beetroot
Slice of cooked ham (optional)
Salt and pepper
Pinch of sugar
Olive oil
Sprig of parsley
Chives and tarragon (if possible)



SALADS

Dice the fish or the fowl (or $\frac{1}{4}$ lb. of both) and put in a mixing bowl with diced cooked and peeled potatoes, peeled and diced apples, cooked diced beetroot, peeled and diced tomatoes and the diced ham (if desired). In a separate bowl prepare the dressing, mash the yolk of 1 hard-boiled egg, add to it a pinch of salt, mustard, pepper and sugar, mix to a smooth paste with some drops of wine-vinegar. Now add to the dressing some olive oil, beating while pouring. Add this dressing to the salad mixture. Line a large salad bowl with washed and dried lettuce leaves, put the salad mixture in the centre, decorate with the hard-boiled egg white, finely chopped and some chopped parsley, chives and tarragon, if desired, arrange a criss-cross of fillets of anchovies. This is a delightful main course salad dish.

Time—Preparation about half an hour, left-over or previously cooked fish, fowl and potatoes can be used.

Quantity—6-8 persons.

SALADE EVE (A Party Salad)

6 eating apples	2 bananas
Small quantity of pineapple	$\frac{1}{4}$ pint of cream
Few drops of lemon juice	Pinch of salt

Choose nice large even-sized eating apples. Cut off tops and scoop out. Fill with the apple you have scooped out, chopped bananas and chopped pineapple, to which you have added salt and lemon juice. When about to serve, pour over each apple a little cream.

Time—10 minutes.

Quantity—6 persons.

JAPANESE SALAD (Another Party Salad)

A few slices of pineapple	6 lettuce leaves
3 tomatoes	3 oranges
1 tablespoon lemon juice	A little castor sugar
2 tablespoons cream	

Cut oranges in half, crossways, scoop out the inside and keep the halves. Cut the pineapple, orange and skinned tomatoes into dice, sprinkle them separately with sugar and let stand for 30 minutes. Put the fruit and tomato in the halves of oranges which have been scooped out and pour over a dressing made by mixing together the lemon juice, cream and 1 teaspoon of sugar. Place orange halves on lettuce leaves for serving.

Time—35 minutes.

Quantity—6 persons.

Drink the

whole fruit

Sunfresh



EXCLUSIVE MANUFACTURERS IN IRELAND
• BRITVIC (IRELAND) LIMITED •
CRUMLIN • DUBLIN • PHONE 905294

PARTY TRIFLES

ST. HONORE TRIFLE

- | | |
|--|--|
| 1 round Genoese sponge cake,
about 1 inch thick | $\frac{1}{4}$ pint of sherry |
| 10-15 ratafias (or 5 macaroons) | $\frac{1}{2}$ pint stiffly whipped cream |
| 2 egg whites | 4 ozs. castor sugar |
| Angelica | Glacé cherries |

If the Genoese cake is made at home, remove it from the tin as soon as it is baked. Beat the egg whites very stiffly, adding the sugar gradually as for meringues, place (or pipe) the meringue mixture around the edge of the sponge to form a raised border. Replace in a very low oven until the meringue hardens, without acquiring much colour. This should take 1-1 $\frac{1}{2}$ hours. When the border is cold, place a good layer of ratafias or macaroons on top of the cake, pour over the wine, taking care not to touch the border and let it soak for at least 1 hour. Just before serving pile the whipped cream on top and garnish with cherries and strips of angelica.

GOOSEBERRY TRIFLE

- | | |
|---|----------------------------|
| 2 lbs. green gooseberries | sugar |
| $\frac{1}{2}$ pint of cream | $\frac{1}{2}$ pint custard |
| 3 sponge cakes (trifle cakes) | 1 oz. whole almonds |
| 6 ozs. sugar and $\frac{1}{4}$ oz. castor | |

Stew the gooseberries with the sugar and 4 tablespoons of water till soft, then pass through a sieve or moulinette. Divide each sponge cake in half and place them in a deep dish, cover with the gooseberry pulp, pour over the warm custard and allow to get cold. When ready to serve whip the cream very stiffly and spread over entire surface. Sprinkle with almonds that have been blanched (dropped into boiling water for 2 or 3 minutes and skin removed) chopped finely and sprinkled with a little castor sugar, having baked them golden brown in a moderate oven. Serve directly.

Time—Roughly 2 hours.
Quantity—6-7 persons.

RATAFIAS

- | | |
|----------------------------------|---|
| $\frac{1}{2}$ lb. ground almonds | 2 ozs. butter, margarine or
instant creaming fat |
| 12 ozs. castor sugar | |
| Whites of 3 eggs | |

Mix sugar and almonds together, add butter, margarine or instant creaming fat to the beaten egg whites (need not be stiffly beaten as for meringues). Place in very small drops on a sheet of grease-proof paper, in a baking tin. Cook in a cool oven till very pale in colour. If only half the quantity is needed use half the quantities of ground almonds and sugar, the whites of 2 eggs and a little under 1 oz. of butter, margarine or instant creaming fat.

Time—35 minutes.
Quantity—About 40-48 biscuits.

HE'S GOING TO SAY



FOR SNACKS

FOR SAVOURIES

FOR SANDWICHES

FOR SUPPERS

BRANSTON

THE FINEST PICKLE IN THE WORLD

Branston Pickle · Soups · Beans · Salad Cream · Tomato Ketchup



CHUTNEYS and PICKLES

GREEN TOMATO CHUTNEY (or Apple Chutney)

2 lbs. green tomatoes (or sour apples)
 1 oz. ground cinnamon
 1½ lb. brown sugar
 A pinch of cayenne pepper

2 ozs. mustard powder
 1 oz. ground cloves
 3 pints brown vinegar (malt vinegar)

Peel and slice tomatoes, add to them the mustard, cinnamon, cloves, brown sugar, vinegar and cayenne pepper. Boil all together till it has a thick consistency. Bottle securely and do not use for a few weeks. Apples can be used instead of tomatoes.

Time—30-45 minutes.

Quantity—4 or 5 pounds.

MINT CHUTNEY

4 ozs. garlic
 1 pint white wine vinegar
 ½ lb. fresh mint leaves
 1 oz. black pepper
 4 ozs. brown sugar

Pound the garlic and add it to the wine vinegar, also add the pepper and brown sugar. Bring to the boil and when boiling add the finely chopped mint, boil for 2 minutes then remove from the heat. When cold, put in jars. Cover tightly. Use as desired. Use as an accompaniment to curry also use instead of mint sauce. Excellent seasoning for meat sandwiches.

PICKLED EGGS

6 hard-boiled eggs
 6 cloves of garlic
 ¼ oz. black peppercorns
 ¼ oz. ginger
 A little whole mace (½ in. flake)

1 pint white wine vinegar or
 cider vinegar
 ¼ oz. allspice
 Small piece of orange peel

Let the wine or cider vinegar, together with the garlic, peppercorns, allspice, ginger, orange peel and mace boil for 30 minutes. When cool put in the shelled hard-boiled eggs. They should be left for at least 6 weeks before eating. More hard-boiled eggs may be added when convenient, but they must always be covered by the wine vinegar or cider vinegar. Also the container must be securely covered. They are delicious with cold meats or salads. They can also be used in sauces when fresh eggs are scarce.

Time—40 minutes.

Quantity—6 eggs.

Quality



There can only be one best
and in cream ices that means

H.B. Nothing is spared to
make certain that all H.B.
cream ices are supreme in
quality and flavour. And
remember H.B. cream ices cost
no more than ordinary ices.

LOOK FOR THE DISTINCTIVE

H.B. LABEL . . . It is your
guarantee of purity.

7 Varieties

BRICK

JUNIOR BRICK

RIPPLE

KUP

WRAPPED ICE

CHOC ICE

CREAM ICE CAKES

HUGHES BROTHERS LIMITED
HAZELBROOK DAIRY, RATHFARNHAM, DUBLIN

Chef's Choice

ARTHUR CARMODY

Chef de Cuisine

**The Clarence Hotel,
Dublin.**



LAMB CUTLETS WITH NOODLES

Trim cutlets, removing all bone and fat. Dip in beaten egg and then in breadcrumbs. Pan fry or saute in butter. Garnish with noodles (fine ribbons of pasta) that have been cooked in salted boiling water, drained, sauted in butter and to which a little grated cheese has been added. Serve with a tomato sauce.

BURGUNDY FILLETS OF SOLE

Have ready some boiling red wine and the prepared fillets of sole. Put the fillets into the wine, reduce heat and poach till tender. Remove fillets, leaving them flat (not folding in two). Reduce the liquid in which they were cooked to half its quantity and thicken with a large lump of butter kneaded with some flour. Add a teaspoonful of meatglase and a little caramel and some cooked mushrooms to the sauce. Cover the fillets with the sauce and place fried croutons all around the serving dish.

VANILLA BAVAROIS CREAM (Bavarois is a cold custard)

Beat the yolks of 3 eggs with $\frac{1}{4}$ lb. of sugar until they are white. Add a $\frac{1}{2}$ pint of boiling milk and vanilla pod, mix well and put over the heat. Allow to cook and thicken without letting it boil, stirring gently. When about to boil, remove from heat, remove vanilla pod and add $\frac{1}{4}$ oz. gelatine which has been previously soaked in cold water. When gelatine has thoroughly dissolved, strain the entire mixture through a sieve. Allow to cool and when lukewarm, add an equal quantity of whipped cream, to which a little sugar has been added. Beat lightly. Place in a mould and allow to stand in a cold place or in the 'fridge till set. In a cold place it may take from 5-6 hours to set, in a 'fridge about $1\frac{1}{2}$ hours.

Bentley's

(JIMMIE GEORGE)

TABLE D'HOTE DINNER

Grapefruit Cocktail, Tomato, Orange or Pineapple Juice

or

Cream of Mushroom or Tomato Soup

★ ★ ★

Hot Asparagus with Melted Butter

or

Cold Asparagus with Vinaigrette Sauce

or

Fried Fillets of Sole with Sauce Tartare

★ ★ ★

Grilled Irish Rainbow Trout

or

Roast Corn-Fed Chicken and Ham

or

Grilled Fillet Steak

or

Virginia Baked Ham

★ ★ ★

New Potatoes—Boiled, Creamed or Chipped

Garden Peas — Buttered Carrots — French Beans

★ ★ ★

Ice Cream with Hot Chocolate Sauce

or Fruit Salad and Ice Cream

or Cheese and Crackers

★ ★ ★

12/6

CONA Coffee

12/6

★ ★ ★

Also extensive a la carte Menu

Open 12.15 to 3.00 — 5.30 to Midnight

Wine Licence

Car Park

5, Molesworth Street, Dublin. Tel. 70290

EUROPEAN VINEYARDS - Bordeaux Area

by THOMAS WHELEHAN

Coming away from the hilly country of Burgundy and travelling in a south westerly direction for some few hundred miles we arrive at the city of Bordeaux. We are now in the centre of the greatest wine producing area in the world where nearly everybody is actively and happily connected with the wine trade. Bordeaux is the natural nerve centre for this massive industry and it is the brokers in Bordeaux who really fix the price of the bottle of wine you buy from your wine merchant and guarantee its authenticity. About 20,000,000 gallons of wine are produced here annually of which about half is red and half white. The red wines of Bordeaux are generally called clarets and the whites usually assume the name of the district where the grapes are harvested e.g. Sauternes, Graves etc. As there are over 30,000 registered vineyards producing claret each year it will be necessary to devote this article entirely to them.

The claret producing country is divided into five distinct regions, each region producing wines entirely different in quality and characteristics from the others. These regions are as follows: (1) Entre-deux-Mers, (2) Bourg and Blaye, (3) St. Emilion, (4) Graves and finally the most important of all, the Medoc. It is not so much the quantity that makes the Medoc so sacred for wine lovers but the astounding and consistent quality of its wines which reflects the care and hard work of the proud people who tend the vines. There are no wines on earth to compare with the great first growths and even the fifth growths are marvellous if not so pretentious. To know your clarets and to roughly assess their value it is essential to have a good knowledge of the classified growths. In 1855 the Syndicate of Wine Brokers of Bordeaux came together in Paris to judge and classify the produce of the vineyards in order of their merit. In all they classified 60 vineyards or chateaux as they are always called in Bordeaux no matter how modest the building on the vineyard is. The classification runs from the first growths to the fifth growths. All the classified growths produce fine wines and it is surprising, with a few notable exceptions, how accurate this assessment is after over a hundred years.

The region known as the Medoc is divided into two parts. The north western part is usually called Medoc while the southern part moving from St. Seurin de Cadourne in the direction of Bordeaux is called the Haut Medoc. While all the classified growths are in the Haut Medoc some very fine wines are to be found in the northern half, and not being publicised or as illustrious as their southern relations there is many a bargain here for the enterprising buyer. The Bourgeois growths (the name given to non-classified growths of fairly good quality) of the Medoc age extremely well and have good body and flavour. They certainly deserve more praise and attention than they really get.

The Haut Medoc produces two thirds of the total output of the Medoc and harbours such wonderful vineyards as Ch. Latour, Ch. Margaux etc. The Haut Medoc is divided into several districts or Communes which reading from north to south are St. Estephe, Pauillac, St. Julien, Listrac, Margaux and Moulis. Wines bearing just these names are never up to much and if one is in the habit of buying a bottle of St. Julien or Margaux I suggest you invest another shilling or two and try a modest Bourgeois growth (7/6d. or 8/-d. will buy one) and see the difference.

The wines of St. Estephe are very distinctive and after a little practice are more readily recognised than many of the other Medoc wines. They

are much harder and usually have good body and plenty of tannin which is readily recognised by the drawing effect it has on the gums. The most famous vineyards of St. Estephe are Ch. Cos D'Estournel and Ch. Montrose both are classified as second growths.

The next commune on our downward journey is perhaps the most famous of all, namely Pauillac. Pauillac is the home of two of the four first growths namely Ch. Latour and Ch. Lafite. Here also the great vineyard of Ch. Mouton Rothschild is located, a second growth which deserves the status of a first growth and is often more expensive than them. The wines of Latour and Mouton Rothschild are very powerful, this being due to the cabernet grape which is used almost exclusively in these vineyards. The wines of Ch. Lafite are not as powerful as that of its neighbours but it has great delicacy and a fine bouquet due to the percentage of merlot grapes under cultivation. The wines of Lafite usually come to hand quicker than the Latour's or Mouton's but the two latter age magnificently.

Next we come to St. Julien, the best known commune in the Medoc principally because of the vast quantities of very ordinary wine marketed under this name each year. Here the three Leoville vineyards are the most famous and perhaps represent the best wine of the commune. The 1949 vintage of Ch. Leoville Barton is a very fine wine while Ch. Leoville Poyferre 1945 was superb. Here also we have the famous vineyard of Ch. Bechevelle which although rated as a fourth growth, can hold its own with any second growth in a good year.

The communes of Listrac and Moulis although not containing any classified growths are not altogether overshadowed by the growths of the surrounding communes and are certainly worthy of mention. Many fine Bourgeois growths are to be found here. Finally we come to the commune of Margaux, home of the famous and much sought after Ch. Margaux. The wines of Ch. Margaux, like those of Ch. Lafite have great delicacy and are beautifully balanced. The 1947 vintage of Ch. Margaux is a wine of superlatives and happy is he who has a few bottles of this elegant wine in his cellar. The 1949 and also the 1945 vintages were also great for Margaux.

The red wine of Entre-deux-Mers is not of much note having none of the delicacy or finesse of the Medoc wines. This cannot be said however of the wines from Bourg and Blaye as many fine wines are produced here of the Bourgeois class and perhaps even better. They both produce good full bodied wines but the wines of Blaye are a little more mellow than their neighbours.

St. Emilion is the next most important region after the Medoc. Its wines are however completely different from those of other regions and are often referred to as the burgundies of Bordeaux. The wines here are strong and full bodied with a very distinct colour, dark and yet brilliant. Even with one's eyes closed it is possible to pick out these wines for they have a very distinct flavour which persists on the palate and is best described as nutty and bitter and certainly pleasant. Ch. Ausone and Ch. Cheval Blanc represent the pick of the vineyards. Unfortunately Cheval Blanc was badly hit by the inclement weather of 1956 and it will be some time before wine of quality will be available from here again.

Finally we arrive in Graves, rightly famous for its great first growth Ch. Haut Brion a powerful wine with a lovely colour. It is perhaps the most consistent vineyard of all and even in a poor year it still manages to produce good wine. Besides Haut Brion, Ch. La Mission Haut Brion and Ch. Haut Bailly produce wines of distinction.

Bouquet to Good Taste

Truly a thoroughbred among Sherries! Not too sweet, not too dry, possessing a rich nutty flavour that makes it the acknowledged choice of the Connoisseur. For your next big 'Occasion' serve 'Prince Regent' Sherry as a special compliment to your guests.

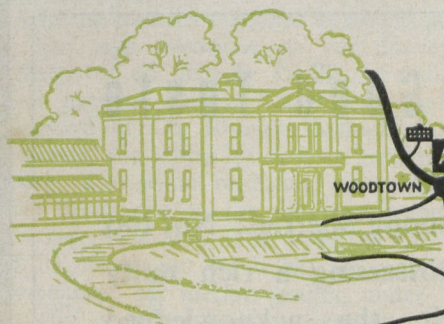
Sole Agents
J. FLEMING & CO. DUBLIN.



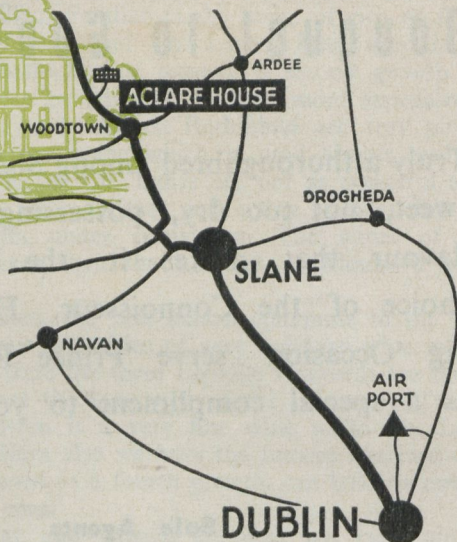
Prince
Regent
REGD.


FINE OLD OLOROSO

Sherry



WINE
and
FOOD
SOCIETY
DUBLIN BRANCH



DUN LAOGHAIRE 

The Forty-seventh Meeting of the Dublin branch of the Wine and Food Society was held at Aclare House, Drumconrath, Co. Meath, on Saturday the 14th of June. The Meeting was well attended. We have pleasure in reprinting the menu —

- Consomme a la Celestine
or
Jambon Persille
La Crepe de Saumon Irlandais
Canard aux Ananas
Pommes Frites
Petit Pois
Salade Aclare
Les Fraise Romanoff
Coffee and Cheese

Published by "Good Food & Better Cooking", 39 Fitzwilliam Place,
Design and Layout by Ian O'Casey. Dublin.

Spend wisely —
buy McDonnell's
quality products

THE ALL-PURPOSE MARGARINE
— CREAMS LIKE A DREAM!



SPECIALLY MADE FOR
SPREADING — CONTAINS 10%
DELICIOUS CREAMERY
BUTTER



GIVES YOU
PERFECT GOLDEN PASTRY
— IDEAL FOR FRYING TOO!



Useful hints to pour Z.H.B. lager beer in the right way



*I am really quite all right
If you stand me in the light
But to connoisseurs : hark
I am better in the dark.*

*Fridge or cellar suit me well
Cold water baths are also swell
At a temperature of 50 degrees
My foaming head will always please.*

*The cleanest glass it has to be
But soap—containing fat—just ruins me
In washing soda is no harm
It does not affect my lovely charm.*

*Now rinse the glass under tap nearby
And stand it on the shelf to dry
Do not think to use a cloth
As this again will spoil my froth.*

*Before you pour me it's the rule
To wet the glass in water cool
Then hold the bottle fairly high
Tip me in and loudly cry :*

*He who serves Lager Beer
And takes the hints as given here
Is worth, as doubtless you can see,
His glass of famous Z.H.B.*



Sole Agents:

FRANK J. NUGENT LTD., 14 DAME ST., DUBLIN.

N.B. Z.H.B. is a Lager of High Specific Gravity