
Good Cooking

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Good cooking

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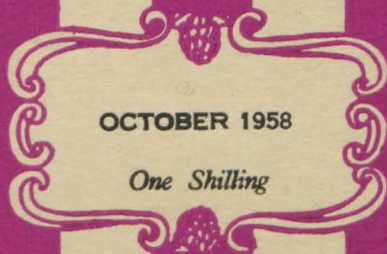


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THE CHEF WHO COOKED IN PHOENIX PARK



Good Food
and
Better Cooking

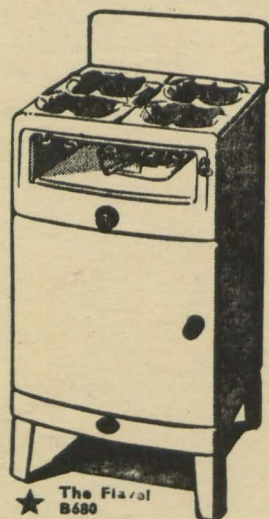


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CHEFMASQUE

When the last haute cuisine dish of the evening has been cooked and reverently served and even before the cigars are pierced in the fragrant restaurant, the master creator, in other words the head chef, is dragging his weary fingers to the latch of his 2½ litre Jaguar which is parked at the side entrance; while mere capitalists may linger over their cafe royal their chef is en route to his unpretentious but luxurious home in the best part of the city, aptly enough named "Bon Aperitif."

It is a matter of profound importance to know what a head chef eats in his own home . . . who would dare to cook for such a critical palate? Who would have the temerity to make an offering to the very fountain of creative inspiration? On your behalf your Editor dares. The popular conception seems to visualise a very Valhalla of exotic consumables spread on a groaning board which have been created by a well drilled company of sous chefs and served by an obsequious retinue of Maitres d'hotel, who in turn are supervised by a Major domo of terrifying mien who never recovered from a censure delivered by Brigade of Guards when unable to command a jelly to frigid attention. Without doubt the rich and royal roads from Samarkand and points west, must mainline into the decorous environment of the Master's House.

This alas, dear reader, is a false picture, a mere raking of coffee house tittle tattle. The true and factual facts are so different; in a word our chef is married and it is his wife who actually attempts to cook his late night meal. Now, housewives, even if they are spouse to a master cook, are fated by tradition, security and a golden ring to prepare food for their hard-working husbands (Office hours, Mooney's 11 a.m.-4 p.m.); they offer a simple but sophisticated tour de force in competition with the evening newspaper and the average breadwinner grunts, tastes and domestic peace is rampant. However in "Bon Ap." the story is very different; here no simple frolic of the pot au feu will be accepted with an off-hand benediction of approval; the ingredients, the method, the pong, the lot, must be quite perfect in conception and presentation. His suffering helpmate slaves in the kitchen and the result, needless to say, is our chef's favourite supper . . . two roast beef sandwiches and a pint of foaming ale.

This menu is the logical result of a day of preparing La Grande Cuisine for discriminating and well-heeled diners, for you see our chef is an honest man, a unique person who eats only what he enjoys and whose obedient wife is perforce, able to live by a simple regimen unencumbered by cookery books, not to mention lectures and demonstrations. Our atypical chef, who gives all for your gastronomic satisfaction, is but a gentle devotee to the simple things of life . . . the harmonious composition of opposites who, when off duty, hates good food and better cooking.

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O'K-B

Some Medical Aspects of Food

by a well known Doctor

Good food, apart from its intrinsic medical value, is something which most people like and enjoy. Unfortunately much of even the best quality meat, vegetables and other varieties of food is not only spoiled by incorrect preparation and bad cooking from the nutritional and dietetic point of view, but the very appearance is sometimes so altered that they are neither appetising nor attractive to look at. It is important when possible to serve dishes which are pleasing to the eye, as they not only help to stimulate a poor appetite but make a meal more enjoyable. When catering for invalids this is of the utmost importance, as an invalid can be brought through the difficult recuperating stage of an illness much more quickly if he can look forward to meals which are tastefully prepared and served. When an invalid has to adhere to a particular diet the task becomes difficult if monotony is to be avoided. However, as the patient's health and strength improve those in charge of preparing meals get encouragement to persevere and experiment.

The food we eat is made up of various constituents, the principal being proteins, carbohydrates and fats. These are necessary in different proportions and when correctly balanced a diet can be planned, depending upon the requirements and the amount of energy which one is likely to expend every day. For the majority of people, a well balanced diet can be achieved with a little care and knowledge, and the best can be obtained from food which need not be the most expensive.

Proteins, which are of two kinds, namely animal and vegetable, are essential for the growth and development of the body; they help to maintain the body's wear and tear from day to day and they are of the utmost importance for the growing child. Proteins are found in meat, especially the lean varieties, and when taken regularly they act as a protection against disease and debility.

Fats, in oil, butter, milk, margarine or cheese are also an important part of one's daily menu. These foods have the additional properties of being rich in many vitamins which enable one to build up a reserve against winter colds and other minor ailments.

Carbohydrates, which are found in bread and potatoes, are the energy-giving part of one's meal, but they have the disadvantage of being stored as fats when taken in excessive quantities. Certain minerals are also required but if meals are well balanced, it should not be necessary to have to supplement these in medicinal form.

Meat does not have to be expensive to be nutritious, and this should be borne in mind by housewives when shopping. It cannot be over-emphasised that the cheaper cuts of meat may be as nutritious as the more expensive. It is important to remember this in any household where there are several children. It may not be advisable to grill or fry these cuts, but when cooked slowly as in goulash, or Boef Stroganoff, or tenderised in a pressure cooker, excellent results may be obtained. By cooking meat in this way a lot of

valuable juices are extracted, which are most beneficial. However, with these inexpensive cuts a little extra care and thought is necessary in the preparation if the result is to be really worth while. Apart from any economical factor, the addition of vegetables—especially carrots, tomatoes and fresh herbs—provide valuable vitamins and minerals.

Many people have a dislike for milk dishes and this can often be traced to childhood days when rice and other milk foods were served, not as attractive sweets but rather as soggy, indigestible puddings. Rice, especially when made with milk, is very nutritious and an excellent energy giving food, but some imagination must be exercised in the preparation. Some children dislike milk, but if it can be added to dishes in an attractive manner they will get the Vitamin A and D which are so important to them.

There are several mistakes in cooking which are made through ignorance of the proper utilisation of the basic ingredients; one of these is the all too frequent practice of adding bread soda to vegetables. This certainly enables them to cook quicker and helps to preserve their colour, but it destroys the vitamins and drastically reduces their food value. Sometimes this substance is used in cooking fruit to reduce the amount of sugar required, but again this destroys the vitamin content. Another common error is the use of unnecessarily large amounts of water when cooking vegetables. A third common mistake is boiling milk for too long. While this will kill bacteria it will also destroy the vitamins and so diminish the food value. The correct thing to do with milk is to bring it to the boil and let it simmer for about two minutes—this eliminates most of the germs and at the same time preserves the food content.

Much food is rendered almost useless by being kept hot in the oven or over boiling water and this method of keeping meals has little to recommend it. Much better to prepare each meal as it is required so that its full benefit can be obtained.

Food may be cooked with care and served attractively; it may taste delicious, but if its goodness has been destroyed or not utilised to its best advantage, it has no real merit. Undoubtedly it is a good thing to embellish food and utilise it to the full, but it must never be forgotten that the prime aim of good cooking is to provide nourishment which the body requires for its normal growth, development and sustenance.

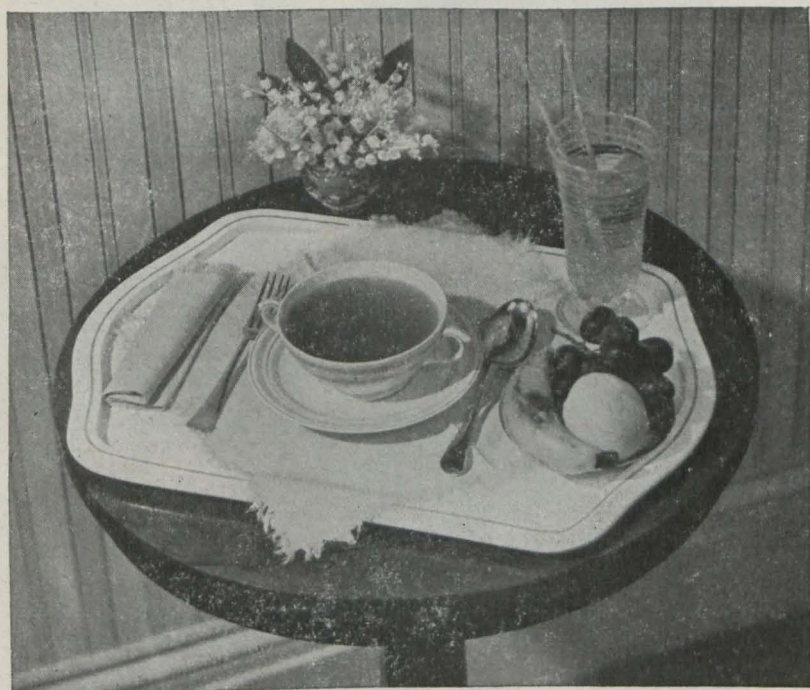
★ ★ ★ ★ ★ ★ ★ ★ ★ ★

CULINARY PROCESSES—No. 2

★ GRILLING ★

Charcoal is the perfect fuel for grilling. This, of course, is not easy to obtain. The other two ways of grilling are: (1) over ordinary coals or anthracite, or (2) under the gas. In either case the result is the same. The meat must be cooked so that it retains its richness and its flavour. To do this it must be “seized” or closed. The only way to do this is to place the meat on the grill right in the flames, either of the coal or the gas. The grill and the meat must be previously painted with butter. Having seized one side of the meat, turn the other side to the heat. Then put the meat farther from the heat to allow the inside to cook without the outside being charred. Grill to your taste, season and serve. Never use a fork or a knife when moving the meat during grilling as any pricking would make the juice ooze out. Salmon, sole, lobster and cod are extremely good grilled. A pleasant sauce with a grill or “grillade” makes a happy combination.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



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Tempting dishes for the invalid

CHICKEN JELLY. Mix $\frac{1}{4}$ teaspoon powdered gelatine and $\frac{1}{2}$ teaspoonful Bovril in teacupful of water. Heat to dissolve gelatine. Season and flavour with lemon juice and sherry. Strain and when setting stir in dice of cooked chicken.

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BAKED VIRGINIA HAM

1 ham
Brown sugar
Sweet vermouth
Powdered mustard

Oranges
Cloves
Pineapple rings or halved peaches

Skin the ham first and then cook, 20 minutes to the pound. When about half-way through the cooking time remove from the oven and score the fat in criss-cross pattern with a sharp knife. Mix together the sugar, mustard and vermouth, adding sufficient orange juice to make a thick paste. Spread this all over the ham, working it in well. Next stud the ham with whole cloves, putting one to each criss-cross. Replace in oven, adding one or two teaspoons of vermouth or orange juice to the fat in the bottom of the dish. Leave in a slow oven for an hour, basting from time to time. Serve hot or cold. Garnish around with pineapple rings or halved peaches.

Time—According to weight of ham.

Quantity—A 12 lb. ham serves 25-30 persons.

REFRIGERATOR CHEESE CAKE

2 tablespoons powdered gelatine
2 eggs
 $\frac{1}{2}$ lb. sugar
Juice of 4 oranges
 $1\frac{1}{2}$ pints cream cheese

$\frac{1}{2}$ pint whipped cream
2 tablespoons melted butter
Pinch of salt
 $\frac{1}{2}$ lb. sweet biscuit crumbs
1-2 ozs. butter

Mix in a double-boiler 6 ozs. sugar, the gelatine and pinch of salt. Beat the egg yolks and orange juice and add to the gelatine and sugar. Cook all together, over boiling water, stirring continuously. In about 10 minutes, when it has thickened, remove from heat and allow it to cool. Then add the cream cheese, stirring well. Allow to cool further till rather firm. Beat egg whites stiff, add remaining 2 ozs. sugar and beat this into the gelatine and cream cheese mixture. Add the whipped cream. Beat all together vigorously. Put to cool in a deep cake tin and top with the biscuit crumbs that have been mixed with a little warmed butter. Leave overnight in the fridge.

Time—Preparation, about 60-70 minutes.

Quantity—Serves 10 persons.

CREME VICHYSOISE, GLACEE

4 leeks
1 onion
2 ozs. butter or margarine
5 potatoes
 $\frac{1}{2}$ pint chicken broth or water
1 tablespoon salt

$\frac{1}{2}$ pint milk
 $\frac{1}{2}$ pint thin cream
 $\frac{1}{2}$ pint whipped cream (or thick cream)
Chives (optional)

Slice the white parts of the leeks, and the onions, and fry in butter or margarine, add the peeled and sliced potatoes, also the water or broth and salt. Boil for about 40 minutes. Mash and pass through a sieve or Moulinette. Replace on heat and add milk and thin cream. Season to taste and bring to boil. Cool and pass again through sieve. When soup is cold add the thick cream. Chill thoroughly before serving. When serving, finely chopped chives may be added.

Time—About 1 hour cooking time.

Quantity—6 persons.



SAUCES

SAUCE A L'INDIENNE

1 *tablespoon flour*
 1 *teaspoon saffron powder*
 ½ *pint milk*
A little grated nutmeg
 1 *oz. butter or margarine*
A pinch of curry powder
Salt and pepper
A small nut of butter

Melt butter or margarine, add flour and cook for a few minutes, stirring continuously. Add the powdered saffron and curry powder and cook for a further few minutes, then add milk by degrees, also salt, pepper and nutmeg and cook for about 10 minutes. Should have the consistency of cream. Serve piping hot.

Time—20-25 minutes.

Quantity—4-6 persons.

SAUCE PIQUANTE (a sharp sauce)

2 <i>shallots or onions</i>	<i>A bouquet garni (thyme, parsley and a bay leaf)</i>
3 <i>tablespoons wine vinegar</i>	1 <i>dessertspoon flour</i>
½ <i>pint stock or gravy (packaged or tinned consommé is excellent)</i>	½ <i>oz. butter or margarine</i>
	2 <i>teaspoons chopped capers</i>

Chop the shallots or onions, place in a saucepan with the bouquet garni and the wine vinegar, boil and reduce slowly to about one-third its original quantity, add the stock or gravy and cook for a few minutes. Melt butter or margarine in another saucepan, add the flour and cook for a few minutes, then gradually add the prepared liquid, stirring continuously. Add chopped gherkins and capers and season well with salt and pepper. Serve with grilled or fried meat, or cold meat.

Time—About 20 minutes.

Quantity—4-6 persons.

SUGO (A kind of Gravy for Spaghetti, Italian)

<i>A marrow bone</i>	<i>A few chicken's liver or small slice lamb's liver</i>
2 <i>ozs. veal (or beef)</i>	1 <i>tablespoon chopped celery</i>
<i>Sprig of parsley</i>	1 <i>tablespoon chopped onion</i>
1 <i>tablespoon chopped carrot</i>	2 <i>ozs. mushrooms, chopped</i>
1 <i>large tomato, skinned and sliced</i>	1 <i>dessertspoon flour</i>
<i>Salt and pepper</i>	2-3 <i>tablespoons stock</i>
2-3 <i>tablespoons dry white wine</i>	

Cook together the chopped marrow bone, liver and veal for five to ten minutes. Add the vegetables, salt, pepper and flour. Cook for about 15 minutes. Then add gradually the wine and stock. Allow sauce to simmer till it has thickened to the consistency of thick cream. Pass through a sieve or moulinette before serving. Serve with pasta or rice.

Time—About 30 minutes.

Quantity—4-6 persons.

SOUPE A L'ITALIENNE

- 1½-2 pints stock (tinned consommé, that is clear soup)
or packaged stock is excellent
2-4 ozs. grated Parmesan cheese
2 eggs
1 lemon
1 teaspoon Gye or Bovril

SOUPS

Dilute stock according to manufacturers' directions. Put in a saucepan and bring to the boil, add Gye or Bovril. When boiling and just before serving stir in the egg yolks diluted with a few drops of lemon juice. Serve with grated cheese, handed around in a separate dish.

Time—Using bought stock, about 10 minutes.

Quantity—Serves 6 persons.

SOUPE BRETONNE

- | | |
|---|---------------------------|
| 1½-2 pints stock (tinned consommé or packaged stock is excellent) | 1 lb. spinach |
| 1 big onion | 1 oz. butter or margarine |
| 1 teaspoon Gye or Bovril | Salt and pepper |
| | ½ lb. mushroom |

Clean the spinach and chop it finely. Wash, peel and chop the mushrooms thinly. Peel and chop the onion finely. Put the butter or margarine in a saucepan, add the prepared vegetables, cover and allow to simmer gently for about one hour. Pour over hot stock to which Gye or Bovril has been added and serve immediately. Season just before serving with pepper and salt, if necessary.

Time—About 1½ hours.

Quantity—4-6 persons.

POTAGE JULIENNE

- | | |
|------------------------------|---|
| 1 tablespoon grated carrot | 1 tablespoon grated turnip |
| 1 tablespoon grated potato | 1 tablespoon chopped leek |
| 1 tablespoon chopped cabbage | 1 tablespoon chopped onion |
| 3 or 4 lumps of sugar | 1½-2 pints stock (tinned consommé or packaged stock is excellent) |
| 1 teaspoon Gye or Bovril | |

Having peeled and prepared the vegetables, put them in a saucepan with the sugar (n.b., no liquid), cover the saucepan and cook very slowly, stirring occasionally. When nearly cooked, add the consommé and finish cooking.

Time—Preparation, about 15 minutes; slow cooking, about 1½ hours.

Quantity—4-6 persons.

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MEAT DISH

One pound of BEEF STEAK—cut in thin slices and fry in butter. Cook for ten minutes, add $\frac{1}{4}$ lb. of fresh tomatoes which have been chopped and peeled. Now add pepper, salt, chopped parsley and a little capsicum (red pepper). Cook slowly for ten minutes, then serve.

VEAL DISH

One pound of lean veal—slice very thin. Put on each piece of veal a slice of rasher; now roll into a sausage shape using a cherry stick to keep the shape. Now roll in flour and fry in butter or olive oil until the veal gets brown. Add enough water to cover the veal in the pan. Cook until nearly dry, then add a little salt and pepper to taste. Garnish with grated cheese before serving.



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Alexis Soyer: The Chef Who Cooked in Phoenix Park

Quite the most colourful, not to say flamboyant, figure in the domain of mid-Victorian cookery was, the temperamental, but truly noble-hearted Frenchman of genius—Alexis Soyer.

Born in October, 1809, in the small town of Meaux-en-Brie, in the Champagne country, at twelve years old young Soyer was apprenticed in Paris to Maison Grillion—a house famed for the Lucullan banquets it prepared.

In 1831, at the age of twenty-two, he came to London, then one of the richest cities of the world, where most of his working life was to be spent.

After some ten years in the service of high-ranking personages (among them Queen Victoria's first cousin George, first Duke of Cambridge, who for a short time lived in Montpelier Hill in Dublin) Soyer took over the entire charge of the elaborate kitchens (designed by himself) in the new Reform Club in Pall Mall.

For the ensuing ten years Soyer turned out for the worshipful Reform Club members (Daniel O'Connell amongst them) a selection of delicacies such as London Sybarites had never before even dreamed of.

It was said of him that "Gastronomy did not know his peer; he was for ever inventing new and ever more elaborate and artistic dishes."

For instance, there was the never-to-be-forgotten dinner which the Reform Club held in honour of the Egyptian Ibrahim Pasha, where the dessert—"Creme d'Egypte Ibrahim Pasha"—alone was a chef's triumph, and something that sent the *Morning Post* into gurgles of rhapsody: "A pyramid about two and a half feet high made of light meringue cake, in imitation of solid stones, surrounded by grapes and other fruits, but representing only the four angles of the pyramid through sheets of waved sugar, to show . . . an elegant cream o l'annas, on top of which rested a portrait of the illustrious guest's father, Mehemet Ali, carefully drawn on a round carton the size of the pineapple cream." Beneath this portrait in the cream, under glass, was a portrait of the guest, transferred from wafer paper to the jelly, its "gilt" frame made of Eau de vie Dantzic, gold-water and jelly. It was not surprising that not one of the guests dared to begin to eat this masterpiece.

Then again there was his "Hundred Guineas Dish" (in modern reckoning multiply cost by four) served at a banquet at York, with Queen Victoria and her Consort in attendance. The dish was composed only of the noix, that is the choice, plump morsels from each side of the back of capons, grouse, pheasants, partridges, pigeon, woodcock, quail, snipe, turkeys, fatted pullets, stuffed larks and Ortolans from Belgium, all cooked in green turtle fat and garnished with cockscombs, truffles, mushrooms and asparagus, all served with a new sauce. (Despite all this liberality, knowing Soyer's hatred of waste, we can rest assured that every particle of every bird was conscientiously utilised by the chef, either by distribution to the poor or in the making of other dishes for the banquet.)

The dessert at this York banquet was another of Soyer's fantasies—a boar's head made of sponge cake coated in chocolate with fierce red-cherry eyes.

Soyer wrote several cookery books, the most famous of which was the *Gastronomic Regenerator*, which was divided in two parts—"Kitchens of the Wealthy" and "The Kitchen at Home." The recipes in the second part could well be used in our modern kitchens, for they are models of common sense.

The energy of this Master Chef can be assessed from a critique in *The Times* on "The Gastronomic Regenerator": "Could even the busiest of our statesmen, in ten months, write a 2,000 recipe cookery book, furnish 25,000 dinners, 38 important banquets (comprising 70,000 dishes), besides providing for 60 servants and receiving visits from 15,000 strangers . . . who come to inspect the kitchens? All this M. Soyer did with a smile."

In spite of his absorption with the palates of the wealthy, Alexis Soyer had a strong social conscience in a decade when hunger was at many a door.

In 1847, he headed a subscription for a soup kitchen for London's poor, which he duly established in Leicester Square, where he daily distributed soup to between two and three thousand people.

With this experience behind him, he set out for Dublin, where he supervised the building of a model kitchen in Phoenix Park. Between mid-April and August in 1847, 1,147,279 rations were distributed, consisting of 2,868,197 pounds of food—an average of 8,750 rations from one kitchen—at a cost of £7,768. Under the plan of preparing the same amount of food from different depots the cost would have been double.

When he was in Dublin he compiled a 6d. fifty-page booklet, *Charitable Cookery, or The Poor Man's Regenerator*, which urged people (in the best modern vitamin-conscious way) to use the *outside* of vegetables. The profits from the sale of the book he gave to Famine Relief. The transformation Soyer worked in the huge army kitchens, we are told, organised the supply and preparation of food for the Army in the Crimea.

In 1855, Soyer joined Florence Nightingale (his service was free) and was unbelievable. His genius for organisation, his hatred of waste, allowed him to accomplish with six cooks that which hitherto had required thirty-six.

He seasoned soup that, before his time, had been tasteless dishwater; by putting meat on each tin plate and pouring the soup over it, he managed to serve an infinitely more palatable meal to these ill-starred soldiers. But in working these miracles of common sense he overworked himself and never really recovered from the effects of Crimean fever and colitis and died shortly after his return to England in May, 1857.

In 1837 Soyer married. His wife was a well-known portrait painter, Miss Emma Jones, who was gay, attractive and devoted. The marriage was an ideally happy one, but ended tragically after six years, when Emma died in childbirth, during her husband's absence in Brussels, where he was explaining kitchen design to the King of the Belgians.

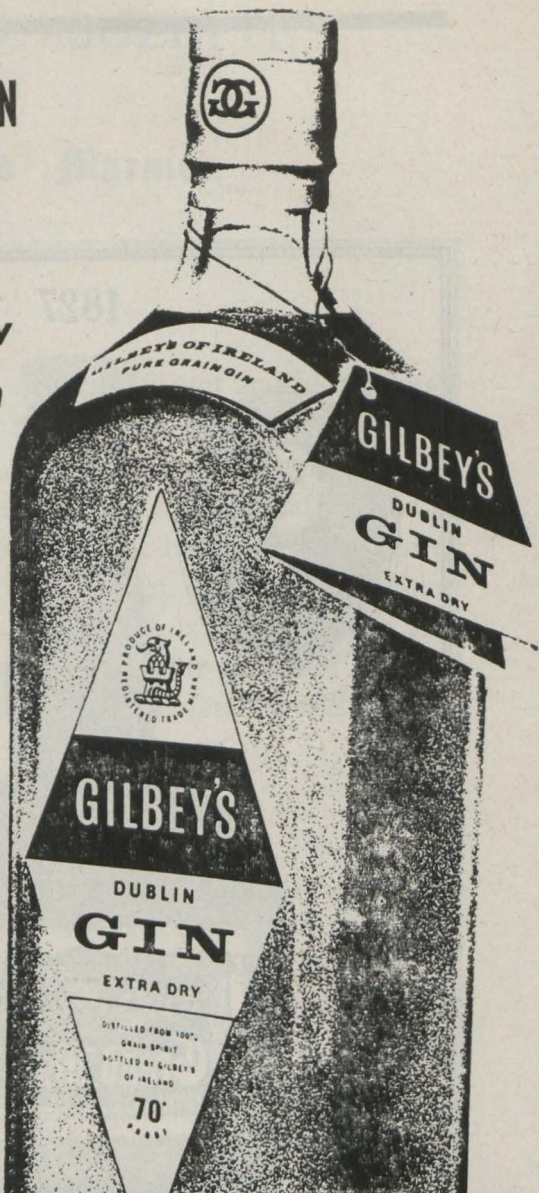
The shock of losing both mother and child completely unnerved Soyer, who attempted suicide, but decided to substitute hard work, unremitting work, that would leave no time for memories.

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A CHALLENGE TO YOUR JUDGMENT: Gilbey's, blenders and bottlers of the unique light Irish whiskey, Crock o' Gold, now makes history by distilling in this country the gin which has made them famous all over the world. In America Gilbey's Gin is a 'top-seller' brand — and when you drink it, you'll know why. Here it is known as Dublin Dry Gin and is fully distilled for purity and lightness to conform in every way to their international standard. Distilled in the most hygienic plant it is possible to install, Dublin Dry Gin is a really clean gin — a challenge to all who pride themselves on their judgment of an exceptionally good grain spirit. Look out for the distinctive bottle. Frosted, with a plastic vacuum-sealed stopper and a neat little book of recipes attached to help you to enjoy its qualities even more, Gilbey's Dublin Dry Gin is what smart people will be drinking from now on.

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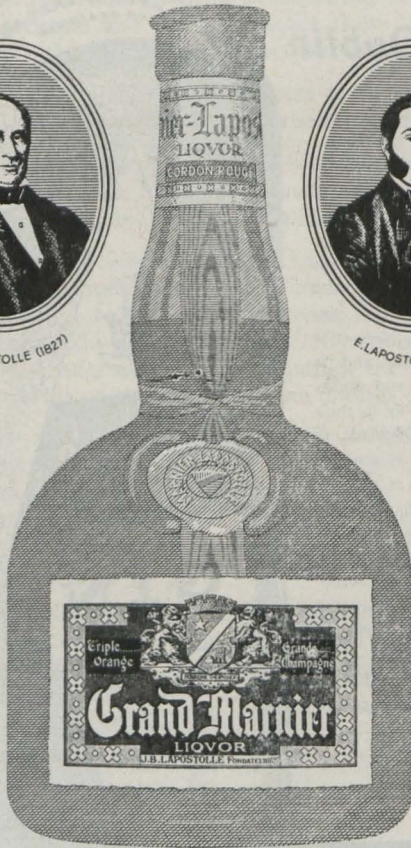
1827



J.B. LAPOSTOLLE (1827)



E. LAPOSTOLLE (1859)



CREPES SUZETTE

Grand Marnier

1. Proportions: $8\frac{1}{2}$ oz. flour, 6 egg yolks, pinch of salt, 2 tablespoons sugar, 1 pint milk, 6 tablespoons melted butter, 4 tablespoons Grand-Marnier liqueur.

For Pouring over the Pancakes: 6 lumps sugar, a little water, a walnut-size piece of butter, 2 large liqueur-glasses of Grand-Marnier, rind of an orange, grated

2. Place the flour, the egg yolks, and the sugar in a bowl.

3. Mix well together, adding gradually, the cold milk.

4. Add the melted butter. Mix well. It is better to leave the batter on one side for one or two hours before baking it.

5. Add the Grand-Marnier just before baking.

6. Butter and heat a small pancake pan. Pour a little of the batter into the pan, swirling it round rapidly so as to let the batter settle and form an even, thin layer. The thinner the layer, the better and lighter the pancakes will be. Keep a plate hot and pile the pancakes on it.

7. Heat the sugar, the water, the grated rind of orange, the butter, and the Grand-Marnier in a small pan.

8. Fold the pancakes in four and place them on a pre-heated dish. Blaze the pancakes at the table with the reheated juice from the pan. To give a stronger flavour, blaze with a little more, very hot, unadulterated Grand-Marnier liqueur.

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ORANGE JELLIES

4 oranges
1 egg
1 pint orange jelly

Choose oranges that are fairly large and with thick skins. Cut them in halves and scoop out the centre pulp. Squeeze or press out the juice and measure it. Add the juice to sufficient boiling water to make up to a pint of liquid. Dissolve jelly, add orange juice and let it cool. When the jelly is nearly cool but still liquid mix in a beaten egg. Fill the half orange skins with this mixture and let it set. When they are quite firm cut the orange halves into halves again, serve.

Time—About 15 minutes preparation.
Quantity—Serves 8-10.

BANANA AND CRYSTALLISED GINGER

1 oz. crystallised ginger

4 bananas

Mash the bananas and mix well with the chopped crystallised ginger. Sandwich between buttered bread or spread on split and buttered rolls or on buttered plain biscuits.

Time—About 5 minutes.
Quantity—Makes sufficient for 6-8 children.

CHEESE BISCUITS

$\frac{1}{2}$ lb. plain flour
1 teaspoon baking powder
A pinch of salt

1 egg
4 tablespoons finely grated cheese
 $\frac{1}{4}$ pint milk or water

Mix together sifted flour, salt and baking powder, add grated cheese, then the beaten egg and sufficient milk to mix to a dough which can be rolled out. Roll to $\frac{1}{4}$ - $\frac{1}{2}$ inch thickness, cut into rounds and bake in a hot oven for 10-20 minutes.

Time—About 35 minutes.
Quantity—8-10 persons.

FRUIT CONFECTION

2 ozs. dried apricots
1 dessertspoon fruit juice or milk
Icing sugar, 1 tablespoonful

2 oz. roasted nuts
(if salted, remove salt by
placing in water).

Put the dried apricots and nuts through a mincer. Mix them well. Add sufficient fruit juice to cause mixture to adhere together. Shape into small balls and roll in powdered or icing sugar.

Suggestions—Dried apricots and nuts, grated orange and lemon rind, dates and figs with raisins and nuts, or prunes and nuts flavoured with powdered ginger.

Time—About 15 minutes.
Quantity—Sufficient for 6-8 persons.

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Oyster
Festival



OYSTER DRY

PROPRIETORS : DAVID COURTNEY LTD., DUBLIN.

★ DESSERTS ★

CHOCOLATE PUDDING (Swedish Dish)

1 egg
 3½ ozs. sugar
 4 tablespoons cocoa
 One-third pint cream

1 tablespoon gelatine soaked in
 2 tablespoons water
 ½ pint whipped cream
 Vanilla flavouring (liquid)

Mix eggs, sugar, cocoa and cream (one-third pint) in the top of a double boiler and cook until it is thick, stirring continuously. Remove from the heat, add the gelatine and stir occasionally until it is cold. Fold in the whipped cream and pour the mixture into a mould rinsed in cold water. Keep in a fridge (or very cold place) before unmoulding and serving. Garnish with whipped cream flavoured with vanilla.

Time—About ½ hour, 2-3 hours to set.
 Quantity—Serves 4-6 persons.

BANANA FRITTERS

Batter
 2 ozs. flour
 4 tablespoons water or milk
 1 tablespoon of oil (if water is used)

1 egg white (or ¼ teaspoon baking powder)
 Pinch of salt
 2 or 3 bananas according to size
 Castor sugar
 Oil, cooking fat or lard

Sift flour and gradually beat in the oil and water (or milk only). Cover and set aside for about half an hour. Whisk egg white until very stiff (if using baking powder instead of egg use 2 extra tablespoons of water and add baking powder AFTER mixture has stood) and fold it lightly into the batter. Peel bananas, cut in half lengthways, then cut in 2 or 3 pieces, across. Coat each piece in batter and fry in smoking-hot oil or fat till golden. Drain, sprinkle with sugar and serve at once.

Time—Making of batter, about 5 minutes.
 Quantity—Should serve 4-6 persons.

COCONUT ICE

1 lb. lump sugar
 One-sixth pint water

2½ ozs. desiccated coconut
 ½ teaspoon vanilla essence

Dissolve sugar in the water slowly. Boil without stirring for 10 minutes. Add vanilla essence and desiccated coconut. Stir till it becomes creamy and the consistency of porridge. Pour into a wet tin and allow to set in a cool place.

Time—About 20 minutes.
 Quantity—Makes about 1-1½ lbs.



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PASTA



SPAGHETTI OR MACARONI GENOISE

1 *tablespoon flour*
 $\frac{1}{2}$ *oz. butter or margarine*
 1 *tablespoon breadcrumbs*
Salt and pepper

$\frac{1}{2}$ *lb. spaghetti or macaroni*
 1 *egg yolk*
 2 *tablespoons grated cheese*
 $\frac{1}{2}$ *lb. mushrooms*
 $\frac{1}{4}$ *pint milk*

Cook macaroni or spaghetti in salted boiling water till tender but not too soft. Drain. Wash mushrooms, slice them and cook them in a little butter or margarine for a few minutes. Season with salt and pepper. Make a sauce Mornay as follows:— Melt butter or margarine in a saucepan, add the flour, stir and cook for five minutes without browning. Then add the milk, season with pepper and simmer gently for 10 minutes. Remove from the heat, stir in the beaten egg yolk and the grated cheese. Add this sauce and the cooked mushrooms to the cooked pasta, mixing well, place in an oven-proof dish, sprinkle the top with the breadcrumbs and brown in a moderate oven.

Time—In all about 45 minutes.
 Quantity—Serves 4-6 persons.

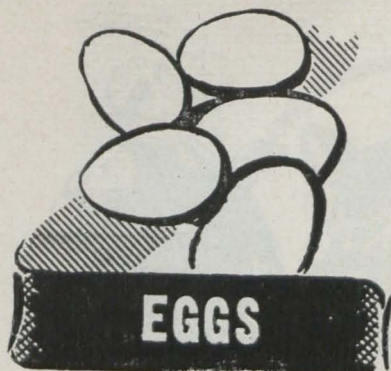
TUSCAN SPAGHETTI

$\frac{1}{4}$ *lb. chickens livers (or pig's liver)*
 $\frac{1}{4}$ *lb. grated cheese*
 1 or 2 *onions*

$\frac{1}{2}$ *lb. spaghetti*
 1 or 2 *pimentos*
 1 *oz. tomato puree*
A little frying fat

Cook spaghetti in salted boiling water till tender but not too soft. Drain and mix with it the chopped cooked liver, the chopped pimentos (if tinned, need only be rinsed in water) and $\frac{1}{2}$ oz. of tomato purée. Serve some grated cheese separately and a sauce made by mixing the remaining tomato with the sliced and frying onions.

Time—About 30 minutes.
 Quantity—4 persons.



OMELETTE ESPAGNOLE

2 eggs per person
 1 teaspoon butter per omelette
 1 onion, peeled and sliced
 A little butter
 1 tomato, skinned
 Salt and pepper
 1 potato peeled and sliced
 1 red pepper (if fresh not available use tinned)

Fry the sliced potato, tomato, onion and red pepper in a little butter (all these vegetables finely chopped). When cooked remove from pan and add to the two lightly beaten eggs. Have ready a well heated thick iron pan. Add the butter; when melted pour in the omelette mixture. Cook and toss like a pancake and serve flat.

Time—About 15 minutes.

Quantity—Above quantities sufficient for one person only.

SCRAMBLED EGGS WITH SALT COD (French Dish)

1 lb. salt cod	A little lemon juice
6 eggs	1 tablespoon cream
Small nut of butter or margarine	Bouquet garni (thyme, parsley and bay leaf)
Pepper and perhaps salt	

Remove skin and bones from the fish and soak in cold water overnight. Put in a saucepan with cold water and the bouquet garni and boil gently till soft, about $\frac{1}{2}$ hour. Remove from water and keep fish warm. Beat eggs and place in a saucepan with a little butter or margarine. Cook very slowly, stirring often with a fork. When nearly set put the cod into the egg mixture, add a few drops of lemon juice, pepper and salt (if necessary), mix well, add a tablespoon of cream and serve directly.

Time—40-45 minutes.

Quantity—4-6 persons.

STUFFED EGGS

4 hard-boiled eggs	Butter or margarine
Sprinkling of chopped mixed herbs	1 tablespoon of breadcrumbs soaked in milk
Salt and pepper	A little nutmeg
A little milk or water	1 small onion, minced

Have ready some hard-boiled eggs. Cut in half lengthways, remove yolks. Mash yolks and mix them with the milk-soaked breadcrumbs, herbs and onion adding salt, pepper and a little nutmeg. Cook this forcemeat slowly in a little butter or margarine (5-10 minutes), adding a little milk to achieve a creamy consistency. Fill half the egg whites with this mixture and cover with other halves (egg-shapes now intact). Arrange the stuffed eggs on a serving dish, thin down the remaining forcemeat to a sauce by adding very gradually some milk, pour over eggs and re-heat for 5 or 10 minutes in the oven before serving.

Time—About 30 minutes.

Quantity—Serves 4 persons.

Party Savouries

BANANA CHIPS . . . (A Dish from the Virgin Isles)

4-6 green bananas
Salt
Cooking fat or oil

Use bananas that are quite hard and green. Peel them, score the fruit lengthways and cut in slices slightly on the bias. Cut only a few at a time as they darken quickly. Heat fat or oil till quite hot, put a layer of bananas on the bottom of the frying basket and fry till golden. Drain on paper and sprinkle with salt while they are still hot and damp. Serve immediately. Excellent with cocktails.

Time—About 20 minutes.

Quantity—4-6 persons.

STUFFED CELERY

1 smallish stick of celery
4 ozs. butter or margarine
4 ozs. Gorgonzola, Danish Blue
or Stilton cheese

Clean celery and remove outer leaves. Open the heart and stuff the hollow part of each leaf at the bottom with equal parts of butter (or margarine) and cheese mixed. Press ends of leaves back to give the celery its natural shape. Put it flat on a dish and for serving cut across in slices about half-an-inch long.

Time—10 minutes.

Quantity—4-6 persons.

SANDWICH SPREAD

Equal quantities (in bulk) of—
Chopped celery, raw
Peeled and chopped eating apple
Roasted and salted nuts, chopped
Mayonnaise to moisten

Chop or mince the celery, apples and nuts, moisten to spreading consistency with some Mayonnaise. Serve on buttered rolls or in tiny sandwiches.

CANAPES

Cover bread or toast with liver pate, place fillet of anchovy across diagonally and put a small nut of horseradish butter (proportions: 1 oz. grated horseradish mixed with 2 ozs. butter or margarine) in the two remaining corners and place a tiny sprig of parsley in the centre.

Time—5 minutes.



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