

1992

## Meals for All Seasons: the Best of Contemporary Irish Cooking

Georgina Campbell

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*Georgina Campbell*

MEALS  
for all  
SEASONS



THE BEST OF CONTEMPORARY IRISH COOKING



*Meals for all Seasons* is a comprehensive book with over 500 recipes and dishes to select from for year-round use.

One of Ireland's most popular writers on food and cooking, Georgina Campbell has produced a cookbook that gives the lie to today's popular notion of different foods being good or bad for you. In her book all food has the potential to be good food. She particularly looks at sugar, making the point that it is an essential ingredient in many recipes, with a whole range of different properties.

For her 'variety is the spice of life' and variety is at the very heart of her year round recipes: the wonderful variety of our seasonal produce, fresh, vibrant and healthy; variety of menu; variety of approach to each dish and its ingredients, preparation and presentation.

This quality general cookbook covers baking and preserving as well as presenting a comprehensive collection of recipes for the cooking seasons — Spring, Summer, Autumn, Christmas and Winter. There is a valuable 'basics' section, a 'sauces' chapter, an intriguing miscellany of useful information, listings of seasonal produce, and menu suggestions.

Writing in a commonsense way, Georgina Campbell also manages to demystify a good deal of the cooking process and yet includes little-known facts such as what to leave out of a stock and guidelines on how flavours and textures complement each other. There is a refreshing and sensible emphasis on balance and economy throughout. The book includes a detailed contents listing of recipes and is fully indexed.

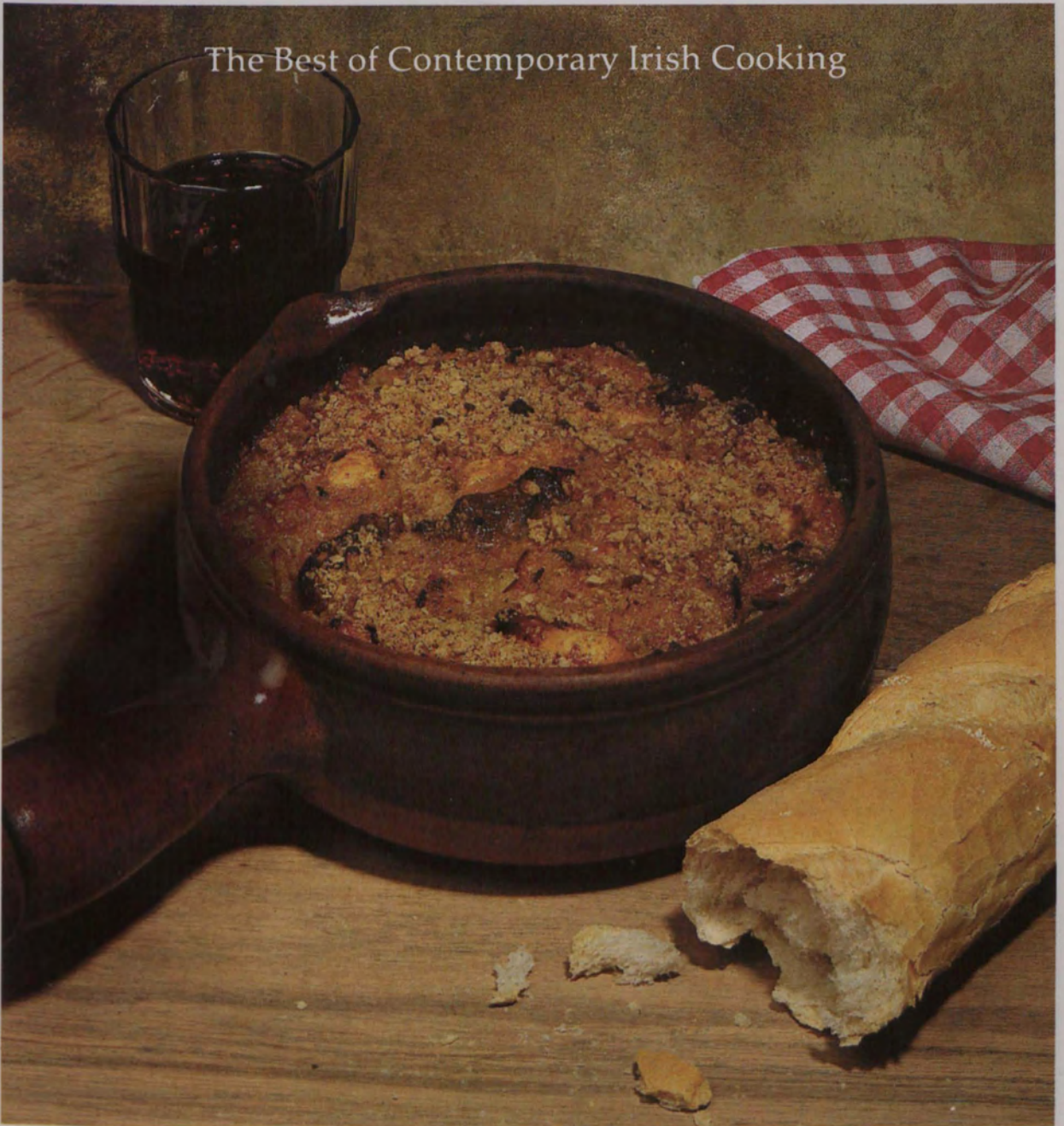




*Georgina Campbell*

**MEALS**  
for all  
**SEASONS**

The Best of Contemporary Irish Cooking



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#### **Acknowledgements**

We are pleased to acknowledge Irish Sugar, plc whose support has made it possible to produce and publish this comprehensive book on contemporary Irish cookery with its full range of recipes and to illustrate it in colour with specially commissioned photographs. Author Georgina Campbell, whose idea this book was, joins with the publisher in this acknowledgement.

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## Preface

This is a book I very much wanted to write for some time, because I believe so strongly in the *enjoyment* of food. Ever since the basics of cookery were taught to me as a child in our farmhouse kitchen, using produce straight from the field or garden, I have had a passion for food. Today's growing emphasis on its negative aspects is the antithesis of everything which makes working in this field such a joy. I don't believe in food taboos and feel strongly that the ever-increasing stress on why we shouldn't eat certain things is not only built on very shaky foundations at a time when life expectancy in the western world is at an all-time high but, in the long run, bound to be counter-productive.

Never having believed in the philosophy of 'good' and 'bad' foods, rather that all quality ingredients are potentially good in a balanced diet, I suggest that it is time to go back to first principles: eat as wide-ranging a diet as possible and make the most of food in season, both for the pleasure it brings and as a natural guarantee of variety.

Conflicting theories on health and diet abound, but the one thing missing is common sense, which involves a healthy interest in and enjoyment of well-balanced, interesting food. When good meals and good company coincide, especially, this is truly living and the stuff of which life-long memories are made. The French have it just about right, with food a key to the wider enjoyment of life.

Inspiration for this book came from a number of sources, but the catalyst was a conversation with representatives of Irish Sugar plc, whose own products have so often (and, in my view, unfairly) been in the firing line. Sugar is an essential ingredient in a surprisingly wide variety of dishes, not only as a major ingredient in a range of cakes, desserts and other sweet dishes but also as a preservative, in small but vital quantities in yeast cookery and as a seasoning in a huge variety of savoury dishes, including many oriental ones — but its main role is that it makes other nutritious foods more enjoyable to eat. Where would a good cook be without it?

I am very pleased that Irish Sugar not only shared my views, but supported them through the generous sponsorship which has helped to make this book possible. My thanks go to them, and also to Wolfhound Press who agreed with such encouraging enthusiasm to publish the book.

Many favourite recipes collected over the years are here — both my own and others generously passed on by cooks from all over the country as mementos of memorable meals — so I hope that you will enjoy not only the book but, perhaps even more, the dishes, as much as I have enjoyed them myself.

Read, cook and enjoy!

*Clairina Campbell.*









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